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NOVEMBER 2015

Men's Health

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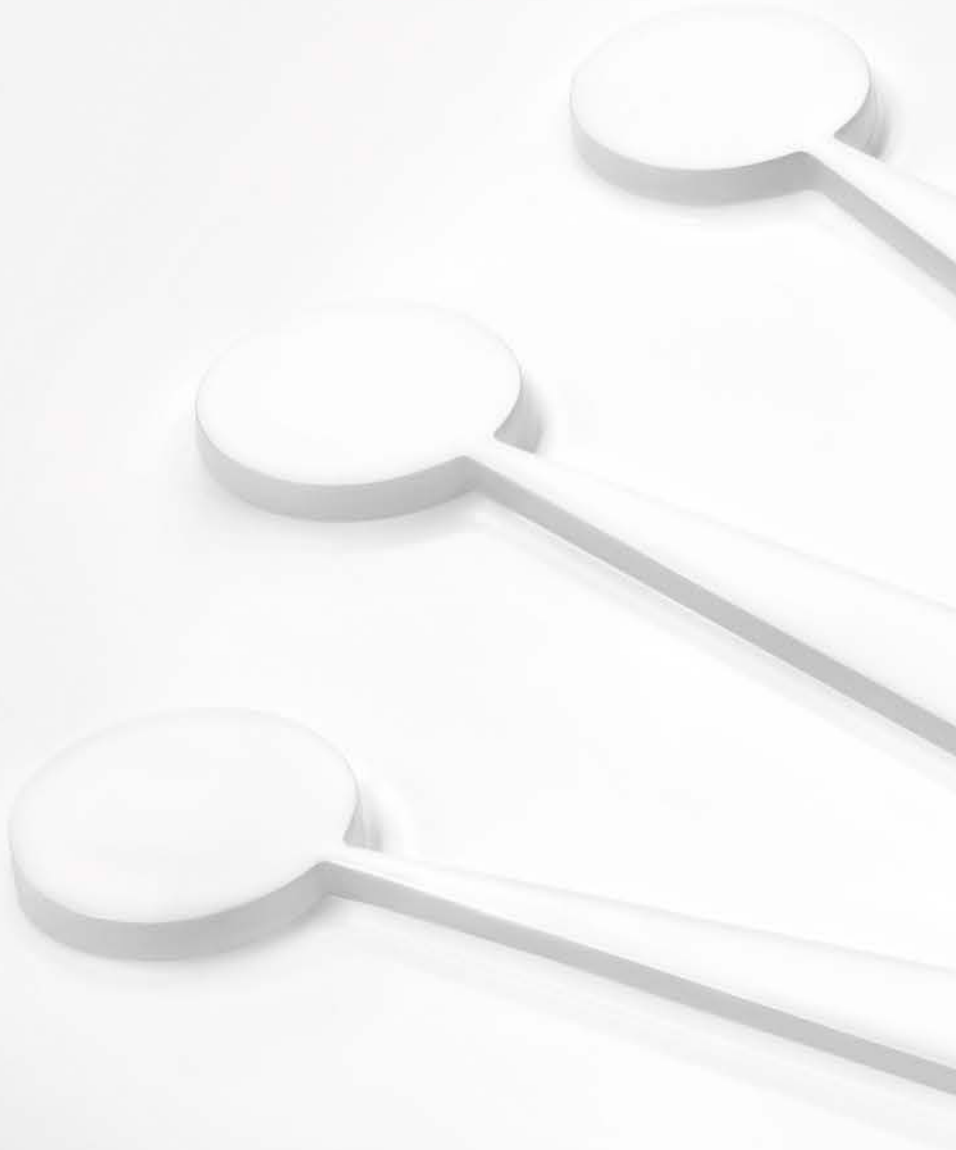


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Joe Manganiello reveals his five-exercise circuit for building the ultimate summer arms. Burst out of your T-shirt with these moves

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HEAD FOR THE HILLS



BESIDES THE SCREAMING BABOONS, I COULD NOT HAVE asked for a more relaxing start to the weekend getaway. We were sitting on the stoep of a guest cottage at the back of a citrus farm just a couple of hours from Cape Town, enjoying a sundowner, when the locals started to go wild. Welcome to the neighbourhood.

My wife had been looking for a B&B in the country within driving distance of the city on a Friday afternoon, and it had to allow dogs. We found one in the Cederberg and it was perfect: tucked into the mountains, surrounded by orange trees with a view of the valley, and enough wood to keep the fire going all weekend (no, I'm not telling you where it is). As darkness fell and the troop next door settled down, I threw a few more logs on the fire and thought: "Why don't we do this more often again?"

At varsity we didn't need much excuse to find some adventure. During the hot, dusty Eastern Cape summers with little cash and fewer worries, we camped in Kenton, surfed up and down the coast and braaied on the banks of a local dam. It seemed so easy, so uncomplicated: grab a sleeping bag, throw a backpack in someone's car and head for Checkers. (Don't forget the bottle store.) In half an hour you were on the road. Escape was fun and even mishaps – like forgetting matches – were part of the experience.

These days I prefer to be a bit more prepared, but don't tell me you wouldn't mind a few more spontaneous weekend breaks. The thing is, it's easier than ever. We live in a beautiful country and you can get off the grid within an hour of most of our major cities. Two hours and you're in the wilderness. We checked, it's true. In fact, there's a term for it: Micro Adventures – google it right now. We spoke to the guy who pioneered the whole thing, Alastair Humphreys, for the story on page 142. This British explorer's mission is to inspire you to leave work tomorrow. Watch his "Bivvy Challenge" on YouTube and I dare you not to make a break for it.

You don't need a massive 4x4, fancy camping kit or a fat wallet – these are guy trips designed to be accessible, fun and as challenging or relaxing as you want. Whether it's on the water or up the berg, just get out there. Your body/mind/partner/family/dog will thank you.

Right now, you're probably too busy to consider anything else than putting in a last push before decompressing at the end of the year, but at least let your mind wander. There's no better time to plan your escape.

Here's to more strength and calm.



Jason Brown
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How do I resist the urge to tweet while driving?

THATO, MIDRAND

Three steps: open boot, insert phone, close boot. Studies show that even when people turn off notifications, they still feel compelled to check their devices. According to technology addiction expert Dr David Greenfield, we may crave the dopamine rush that receiving info produces. So after you stow your phone, crank up the tunes – listening to a favourite song can trigger a similar dopamine hit, a Canadian study found. Need your phone's GPS? The app SafeCell 360 (R40, Android and iOS) can disable incoming and outgoing texts whenever you exceed 8 kilometres per hour.

What's the best way to remove water from my ears after swimming?

GREG, MUIZENBERG

We'll start with the worst ways: using an earbud or a blow-dryer. If you stick the swab in too deep, you could damage your eardrum. And if you shoot hot air in there, you might melt the wax and make it run into your ear canal, says Dr Steven Rauch, a professor of otolaryngology at Harvard Medical School. No, this is a problem best solved with alcohol. Your tubelike canals are lined with delicate, oily skin that causes H_2O to sit on top, similar to the way raindrops bead on a freshly waxed car. You need to break the surface tension – and that's where the alcohol comes in. "It's far less prone to beading up, so the water will run right out," says Rauch. Your treatment plan: soak a cotton ball in rubbing alcohol, lie down on your side and squeeze the liquid into the affected ear. (You might need to massage the outside to help the alcohol drain into the canal.) Now sit up and tilt your head the other way so the water is able to drain out. No success? The water could be trapped behind wax build-up. Time to visit an otolaryngologist, who can clean it out. For a list of specialists practicing in your area, go to entsociety.co.za.

I know the cutoff age for most guys to get the HPV vaccine is 21. I'm 34. Is there any point in getting it now?

GARETH, NELSPRUIT

Even if there were, good luck convincing your doc to give you the shot. Most sexually active men who are past the cutoff age have already been exposed to a mild strain of HPV (human papillomavirus)

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AM I NORMAL?

Whenever I'm asked to make a donation to a charity, I just get annoyed.

RIAAN, PRETORIA

We're going to assume you aren't Millionaire Riaan from Pretoria. For people with real-world wealth, the annoyance usually arises from the public nature of the ask. "There's a lot of social pressure involved," says Stefano DellaVigna, a professor of economics and business administration at University of California Berkeley. "Being put on the spot can be very uncomfortable." In a study he published in the *Quarterly Journal of Economics*, DellaVigna found that when people were given the chance to avoid interacting with a charity solicitor, as many as 25% took the out. And those who did give? They felt ambushed for alms and coerced into opening their wallets. So the next time you find yourself facing a lady with a bunch of fake roses or a cashier asking you to add an extra buck to your total, just remember your most recent charitable donations, smile and feel free to decline. Don't worry: as the research shows, plenty of other guys will knuckle under and give to escape the guilt.

○ WEIRD ● NORMAL

through direct skin-to-skin contact, says Dr Michael Birrer, director of the Gillette Center for Gynecologic Oncology at Massachusetts General Hospital. That means by now you've already developed antibodies against HPV that can wipe out the infection naturally within two years, rendering the vaccine pretty much pointless, says Birrer. Of course, all that changes if you fall into one or both of these high-risk categories: people who don't use protection and have multiple sex partners, and men who have sex with men. For example, men who have sex with men are considered at increased risk for HPV and are 17 times as likely as their straight counterparts to develop anal cancer, which may be triggered by HPV, according to the CDC. Sound like you? Ask your doctor about going off-label to receive the vaccine. The only thing it'll hurt is your wallet, since the three doses of shots can set you back R540 or more, and probably won't be covered by your medical aid.

Why does my beard grow in a different colour from my hair?

JAMES, PRETORIA

Your hormones are likely cueing the hue, says Dr Adnan Nasir, a dermatologist. An excess of dihydrotestosterone (DHT) has been implicated in androgenic alopecia, a.k.a. male-pattern baldness. The odd part: too much DHT can also boost facial hair growth. These follicles are more active than the ones up top, so they also age more quickly. Toss in a surfeit of male sex hormones that can reduce your body's ability to pump out hair-darkening melanin, and salt-and-pepper scruff seems inevitable. Have a brown mop but a ginger beard? Your mug may be genetically wired to produce a high level of pheomelanin, a form of melanin that gives hair a rusty cast. Your options: dye it, shave it or go two-tone.

My protein powder is past its expiration date. Is it still safe to use?

EDDIE, STELLENBOSCH

Are you worried about your bowels or your biceps? Protein powders don't go off the way meat or dairy does, because a dry environment makes it nearly impossible for microbes to grow, says Bob Roberts, a professor of food science at Pennsylvania State University. So unless you're storing your canisters in a warm, humid place (like the bathroom or your gym locker), you're fine on that front. As for the muscle-building mojo of protein powder, it does diminish after the use-by date has passed. You can blame a chemical reaction called Maillard browning: the protein reacts with sugar left over from when the whey was extracted from milk, resulting in a gradual breakdown of the amino acid lysine. "If you lose lysine, then the powder will not be as complete of a protein," says Roberts. Only a day or two past the expiration date? Put some on your tongue. A telltale sign of Maillard browning is a fade in flavour, says Roberts. If you taste cardboard, toss it. And if it always tasted like cardboard, no wonder the stuff sat around for so long.

SHE ASKS

Why does my boyfriend seem so much more susceptible to catching colds than I am?

NANDI, FOURWAYS

Despite its rep as the he-man hormone, testosterone can leave guys with wimpy infection protection. Consider a typical sickness scenario: bug invades body, immune system responds by commanding the release of antibodies. That's how it works in women; in men, though, high T-levels can intercept that command, crippling the counterattack, according to Stanford University researchers. There's also a genetic angle to the gender difference. Lots of genes that mediate our immune response to viruses are encoded on the X chromosome, and women have two copies of the X chromosome. Because of that duplication, researchers theorise that women may have more copies of X-linked immune system genes than men do, says Sabra Klein, an associate professor of microbiology and immunology at Johns Hopkins Bloomberg School of Public Health in Baltimore in the US. The downside for gals is that this sometimes results in an overactive immune response, which is part of the reason women make up about 80% of patients with autoimmune conditions. Now, your boyfriend can't do anything about his T-levels, much less his DNA, but encourage him to take a break from working out when he starts to feel sick. Research shows that intense resistance exercise can increase testosterone levels as well as the production of inflammatory cells, which may further suppress a man's immune system.

I stink up the house when I cook fish. What's the best way to clear the air?

ANDILE, LIMPOPO

You need to take action before the salmon even hits the griddle. The muscle tissues in seafood are stocked with trimethylamine oxide (TMAO), an odourless organic compound that helps fish live in salt water, says Jung-lim Lee, an associate professor of food microbiology at Delaware State University. But once fish die and are exposed to oxygen, bacteria produce an enzyme that converts TMAO into trimethylamine (TMA), a process that produces the distinct stink. The longer a fish is out of water, the more TMA is released. So stop the stench by soaking or rubbing the fish in an acidic solution, such as vinegar or lemon juice, Lee says. This does two main things: it suppresses bacterial growth and causes the TMA to bind to water instead of stinking up the air. Let the fish sit for a few minutes, rinse it with water, then cook. Another option is to dunk the fish in dairy for a half hour before cooking. The caseins in milk attach to fish muscle, preventing TMA from evaporating. Both ways keep the fish fresh, not funky.



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Blessed be the ties that bind... her pretty wrists together

PHOTOGRAPH DIANA SCHEUNEMANN

WHAT'S KNOT TO LIKE?

Can tying her down free her up? **Women who are into BDSM say it helps them worry less about staying aroused,** a new Portuguese study reveals. And removing that stress can lead to more satisfaction. Men also say kinky practices reduce their anxieties about staying hard and achieving orgasm. "BDSM broadens the ways you can have sex," says Dr Richard Sprott, coauthor of *Sexual Outsiders*. "If one particular area feels uncomfortable or doesn't work very well, there are other ways."

FOOD COURT



The Accused Propylene glycol, a chemical used in antifreeze and coolants. It also pops up in cinnamon, whisky and salad dressing.
The Charge Bloggers claim it can cause allergic reactions and kidney damage.
The Verdict Innocent. The propylene glycol found in certain food products isn't the same kind you put in your car. It's used in such small amounts that you can eat these foods without ill-effects.

EXPLORE THE MILKY WAY

Pour another glass to save your ass. New research from Harvard reveals that **adding calcium from dairy to your diet may help prevent colorectal cancer.** In the study, an extra 600 mg of calcium (about 2 cups of milk) above the recommended 500 mg a day cut the risk of the disease by about 8%. According to researcher NaNa Keum, calcium may block cancer-promoting changes in genes and cells.



For up-to-the-minute nutrition news and tips, go to mh.co.za/food

The Thinking Man's Cap

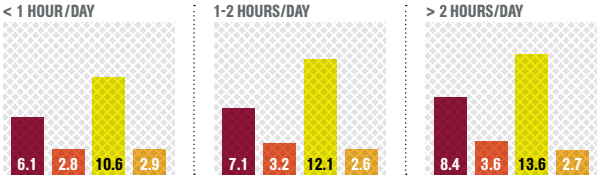
Order up some 'shroom service. **Vitamin D may help you ward off dementia,** a study in the journal *Neurology* suggests. Older adults who were moderately D-deficient had a 53% higher risk of developing dementia later in life. The nutrient might help combat amyloid plaques, the brain abnormalities linked to cognitive decline. Start a good habit now and aim to eat 600 IU of D a day – mackerel and tuna are also great sources. Or you can pop a supplement.

PHOTOGRAPHS CLAIRE BENOIST, ISTOCKPHOTO

NOW YOU'RE COOKING!

Stay in to stay healthy. A study in the *American Journal of Preventive Medicine* found that the more time men spend cooking, the better they eat – more fruits, salads and vegetables. Need recipes? Coming right up: go to mh.co.za/food

Servings eaten per week, by time spent in the kitchen





1,000 MORE MILES

The great outdoors, freedom and adventure are the highest callings for the TUDOR Fastrider Chrono, the most recent manifestation of TUDOR's partnership with legendary motorcycle manufacturer Ducati. Inspired by the free spirit of the famous Scrambler motorbike, this new chronograph is a traveling companion that is both technical and joyful.

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SCRAMBLER DUCATI

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WATCH YOUR STYLE

For up-to-the-minute health news and tips, go to mh.co.za/health

Hazed & Confused

Get your head out of the exhaust clouds. Exposure to air pollution may affect the size of your brain, a recent Harvard study suggests. The findings linked living in areas of poor air quality to smaller brain volume – the equivalent of about a year of brain ageing. Study author Dr Elissa Wilker explains that tiny toxic particles can lodge in your lungs, causing widespread inflammation that may lead to cerebrovascular damage. To prevent premature greying of your grey matter, monitor your local air quality with the SA Weather Service's Air Quality Information System at saaqis.org.za.



Hit the gym to avoid sucking wind outside

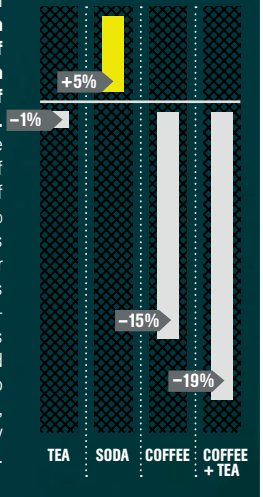
WALK OR DIE

Your company still hasn't sprung for standing desks? Stage a walkout. University of Utah scientists report that **a quick stroll can help offset the deadly consequences of sitting all day.** People who walked an extra two minutes each hour lowered their risk of premature death by a third, compared with folks who spent most of their time planted in a seat. That's one work threat eliminated.

Buy Johnson a Coffee

Fire up the auto-drip to avoid the bedroom droop. **Java can reduce your odds of erectile dysfunction (ED), a University of Texas study reveals.** Men who downed the caffeine equivalent of two or three cups of joe a day had a 39% lower risk than guys who took in little or none. Caffeine relaxes penile arteries, boosting bloodflow, says study author Dr David Lopez. Even one cup of coffee can help, while sugary soda may increase your ED risk.

Your risk of ED, based on your caffeinated drink of choice



DON'T TOUCH THAT!



THE KITCHEN DISHCLOTH

Bag the rag. When researchers at Kansas State had people prepare a meal containing raw meat and then make fruit salad, they found that the towels they used harboured more bacteria than the countertops, the sink tap and the dustbin's handle. Study author Professor Jeannie Sneed says we tend to unconsciously touch the cloth with germy hands or use it to dry them after inadequate washing (less than 20 seconds of scrubbing). If you can't correct these microbial missteps, use paper towels.

PHOTOGRAPH CLAIRE BENOIST, ISTOCKPHOTO (CLOTH)

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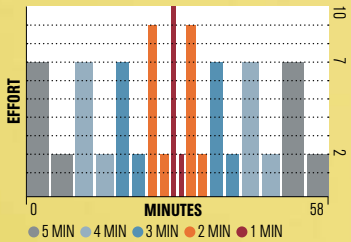
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For up-to-the-minute cardio news and tips, go to mh.co.za/fitness

Climb an Interval Pyramid



1/ DON'T GO PRO

To build confidence, revert to flat pedals. Most new riders want to graduate from flat to clipless pedals too soon, Wilson says. "But then they're afraid to take risks because they're locked in."

- Use flat pedals on tricky trails to give yourself a safety net. "Even an Olympian hopeful I train says flat pedals help his mojo and riding," says Wilson.

2/ FORGE FITNESS

Build your lungs with high-intensity kettlebell swings: 30 seconds on, 30 seconds off for 4 minutes, 3 days a week, Wilson says. On the trail, try interval pyramids, courtesy of endurance coach Sarah Kaufmann:

- Warm up, then go 5 minutes at effort level 7, with 5 minutes recovery (level 2); repeat for 4 minutes, then 3. Now do 2 minutes at nearly max effort (level 9) with 2 minutes recovery; then 1 at max (10) and 1 at recovery. "Descend" as shown in the pyramid above.

3/ GRIP GENTLY

In the UK study, riders whose grip stayed strong the longest tended to finish fastest. "Good riders switch between a relaxed and a tight grip," says Wilson.

- Do more kettlebell swings. "The way you grip the bell mimics the tight-then-relaxed grip you use on the handlebar," says Wilson. Do 10 swings; rest 20 seconds. Do this 5 to 10 times, 3 days a week.

4/ GET SIDEWAYS

Practice is paramount, but skill also comes from being able to hold your body in the correct positions while riding. "You need mobility to do that," Wilson says. His favourite drill is the windmill stick stretch, which puts you in the same position as when you're cornering.

- Grab a broom or dowel and hold it behind your neck with both hands. Push your butt back and move your right foot forward. Now bend forward and touch your right elbow to the right side of your right knee. Hold for five deep breaths; repeat on your left side. Do this stretch once a day.

Crank More, Crash Less

You might think fearlessness alone is key to bombing downhill with ease. But researchers in the UK say **mountain biking performance depends on a combination of self-confidence and skill, as well as hand-grip endurance and aerobic capacity.** James Wilson, a top mountain biking trainer, explains how you can develop those attributes and tackle any trail.

PHOTOGRAPH LEVI BROWN

Charcoal: a Diamond in the Rough

TO MANY, THE WORD CHARCOAL SPARKS IMAGES OF blackened hands and summer braais... but for skincare experts, its legendary absorptive properties heralded a new age in male grooming. Enter *NIVEA MEN Active Clean Shower Gel*, which harnesses the dirt-trapping powers of Active Charcoal.

Charcoal has been lauded for centuries for its natural properties, which effectively eliminate impurities and odour. Active Charcoal, as found in *Active Clean Shower Gel*, acts like a magnet to attract and absorb impurities, pollutants, excess oil and dirt, but not the skin and hair's natural oils. So ultimately this grime can be effectively washed away, without leaving skin or hair feeling dry.

What does it mean for you?

Dirt and grime are all in a day's work. With the weather warming up, the increased need to fight off odour-forming sweat and bacteria is a vital necessity. With *Active Clean*, you don't only get a tougher clean but you'll also feel refreshed, recharged and in charge.

NIVEA MEN ACTIVE CLEAN DELIVERS *(IN MORE WAYS THAN ONE)*

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5/ Fresh, masculine scent leaves you refreshed, invigorated and confident



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Stressed Out? Just Add Water

Studies suggest that leaving the shore may be the best way to recharge

BY KIERAN LEGG AND K. ALEISHA FETTERS

MAN HAS ALWAYS BEEN DRAWN TO WATER. WHETHER IT'S catching a wave or dropping millions on a coastal mansion; rivers, lakes and oceans exercise a primal, almost gravitational pull. That's because it's easy being on water. Everything is distilled into a single moment as you break the surface, the infinite unknown waiting below. You don't have to worry about that dreaded work call or paying your rent. With a splash or the rev of a boat engine you're off the hook of real-world problems. It's probably why a 2013 study published in the *Journal of Environmental Psychology* found that people feel more calm and revitalised after visits to the coast compared to those who prefer being inland. "Water seems to spur a sense of freedom and autonomy that people don't enjoy anywhere else," says study author Dr Matthew White, a social and environmental psychologist at the University of Exeter, England.



GREAT CATCH
Those nights at the gym? This is what you were training for

"WATER GIVES YOU A break," says Wallace Nichols, an environmental researcher and the author of *Blue Mind*. And that can free you from your normal everyday concerns. Hell, even Einstein was a seaman. He did some of his best thinking on a 4-metre sailboat.

Need more convincing that you should plan your next vacation around whatever body of water is calling to you? When researchers from the European Centre for Environment and Human Health analysed data from 48 million people, they found that those closest to the ocean were better off than their landlocked peers. One possible reason may be that these environments can promote physical activity as well as provide opportunities for reducing stress, the study authors say. (There's a reason the 11 hour-long "Calming Seas" recording on YouTube has more than 5.9 million views).

With South Africa's 3 000km of coastline and spiderweb of lakes, lagoons and rivers, odds are you live within a few minutes of navigable water. So read on: we tapped the experts to find the best, most accessible, on-the-water outings, ranked from chill (kicking back with a brewski) to thrill (potentially peeing that brewski down your leg).

CHILL — THRILL

$$
Board a Sail Boat
Book a skipper, or better yet, complete a course and take the helm yourself. Ralph Mothes of Cape Town Sailing says a full-day charter will give you some useful hands-on experience, but it doesn't compare to learning how to pilot your own boat. Many sailing schools have day sessions, and sailing centres offer basic memberships, with boat access and instruction.
▸ **WALVIS BAY** in Namibia has one of the most active harbours in Southern Africa and is an ideal launchpad for anyone looking to explore the country's prehistoric coastline.

$$$
Check Into a Houseboat Hotel
All the functionality of a house and all the floatability of a boat, a houseboat is perfect for anyone looking to escape everyday life while hanging onto its comforts. Africa's expansive lakes and lagoons are tailormade for a calming cruise. "Floating on water as still as a pane of glass, you have no choice but to relax," says Alice Zejglic from Shayamanzi Houseboats on Lake Kariba.
▸ **THE KNYSNA RIVER** is conveniently linked up to the area's best beaches and hikes, and you have the fun of driving the boat yourself.

$$$$
Charter a Party Boat
Hiring a yacht will set you back R100 000, but it's a small price to pay as you live out your Hollywood fantasy (complete with the approriate number of bikini-clad models). Not made of that kind of money? No problem, says Shihaan Hoederaker of Tigger 2 Charters: for around R400 you can enjoy a luxury catamaran in Cape Town, as long as you don't mind partying with strangers.
▸ **THE MOTHER CITY** is the perfect backdrop for any seaside escape – bonus points if you get to watch your office building slowly fade into the distance.

$
Rev Up a Jet Ski
Full throttle, Jet Skis can hit speeds of over 100km/h. That's good news because in South Africa it's tough finding someone willing to take you out on their precious powerboat, so renting a Jet Ski is your best bet if you are looking to tear through the surf at "that wave will make a great ramp" speeds. Just remember, staying upright isn't the hardest part – it's getting back on that will leave you flailing in the water.
▸ **DURBAN** has lakes and rivers where dozens of rental companies are looking to put you in the hotseat of your very own Jet Ski.

$
Run the Rapids
With a 50/50 chance of flipping your 8-man raft, the difference between steering your way down the river or sliding to the end on your ass will leave you with a few stories to tell your mates. "It's best to go out with a guide: you get all the excitement without the risk of something going wrong," says Ollie Esplin, owner of Clarens Xtreme Adventures in Cape Town, one of many companies offering whitewater rafting trips in the Western Cape.
▸ **THE UMKOMAAS RIVER** in KZN is an untamed beast which serves up some of SA's most fun and challenging rapids.

$$$
Snag a Yellowfin Tuna
Looking for something to test your fishing skills to the limit? Catching a yellowfin tuna is a full-day commitment, but once you wrestle one of these beasts on board, it'll all feel worth it. Sean Amor, of Hooked on Africa Fishing Charters, says the tuna is one of the strongest fighting fish for its size in the ocean. "It also tastes great."
And that's about all the motivation you need to actually do this, right?
▸ **HOUT BAY** is your destination for snagging yellowfin tuna that swim out deep.

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4 NAUTICAL RULES EVERY MAN MUST KNOW

CHECK YOURSELF BEFORE YOU WRECK A VERY, VERY EXPENSIVE BOAT

1 Share Your Float Plan

Write down your travel itinerary, boat description, and passenger info (names, addresses, and phone numbers) and give the deets to a mate so someone knows when to expect you back. Most clubs require that you sign out and back in when you return too.

2 Rock those Boat Shoes

You'll look like you fit in. More importantly, you'll keep the boat's deck scuff-free. You can spend half a day rubbing off scuff marks – time that could be better spent kicking back. Avoid shoes that have dark soles. Your best option is a set of kicks designed for the sailor's life.

3 Steer Your Ship Right

If two vessels are approaching each other head-on, both captains should turn right. But if your boat's motorised and the other guy is sailing, he has right-of-way. It's not rocket science, says Mothes, and collision regulations are taught at most academies.

4 Cut the Anchor Some Slack

When you drop anchor, let out four to seven times as much chain as the water is deep, says Mothes. If the water is 20 metres deep, drop up to 140 metres. This will allow the chain to better grab hold because it's at an angle. And chain is always preferable to a mooring warp. MH

FLAGSHIP FASHION



Oakley Flak Jacket XLJ *R2 025*
Their polarised lenses will filter out the glare, so you won't be squinting out the sun. And when a wave rocks the boat, they're light enough to float. *sunglasshut.com/za*



K-Way Men's Torrential Rain Jacket *R799*
Water may help you destress but you need to stay warm and dry. This rain jacket's seam sealed design makes it waterproof and windproof, ready to face even the most titanic of storms. *Cape Union Mart*



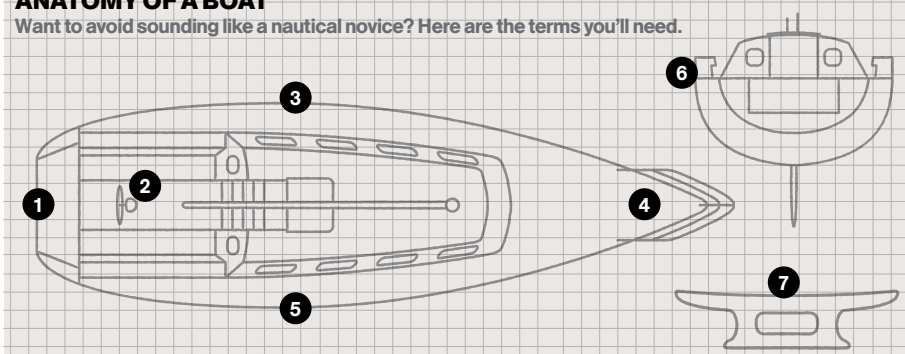
Adidas Men's HydroTerra Shandal *R1 300*
Made from featherweight foam, this amphibious shoe sheds water quickly and keeps your feet glued to the deck. You can wear it as a shoe or slip-on. *Sportmans Warehouse*



Sea-to-Summit Dry Sack *R175*
Adding water to some things, such as your brand new smartphone, will stress you out. A good dry sack will keep your belongings safe while you splash. *Cape Union Mart*

ANATOMY OF A BOAT

Want to avoid sounding like a nautical novice? Here are the terms you'll need.



1/ STERN The back of the boat. Great place for a beer cooler.

2/ HELM The steering position. Also the act of steering. "Hey, helm the boat while I hit the head."

3/ PORT The vessel's left side, as seen by a guy facing the bow.

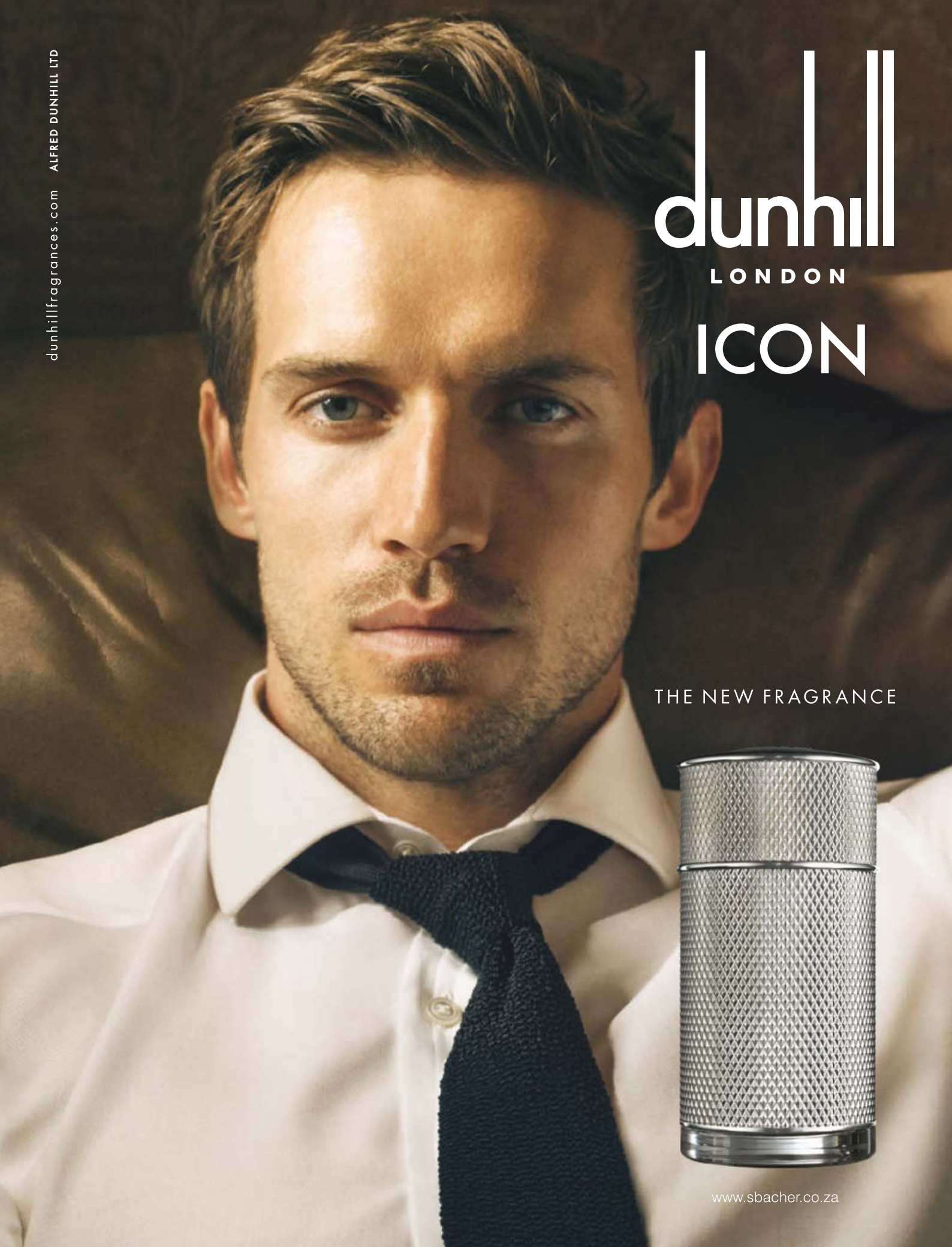
4/ BOW The front. It rhymes with "wow".

5/ STARBOARD The right side as you face the bow. Pronounced *STAR-bird*.

6/ GUNWALE The upper edge of the craft's side wall. It's pronounced *GUN-el*.

7/ CLEAT T-shaped attachment used to tie a boat to a dock.

PHOTOGRAPH GETTY/GALLO IMAGES ILLUSTRATION ROBERT L. PRINCE


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Berard Olivewood Salt Container
R795 **FINEAND-FABULOUS.CO.ZA**

Mepra Vintage Italian Teaspoon
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PHOTOGRAPH JAMES GARAGHTY **STYLING** NATALIE THIART



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Blades of Glory

Whether you're out in the wild or uncorking a bottle in your kitchen, a good pocket knife will give you the cutting edge you need

VERSATILE AND STURDY, A KNIFE IS ONE of man's oldest companions. It might look a little archaic next to your smartphone but there are many things a pocket knife can do that your fingernails just won't. Picking the right blade comes down to the quality – you're looking for stainless, properly heat-treated steel – and what you plan to use it for, obviously (you won't need a machete in the office... or at least we hope not). Gentlemen, choose your weapons.



1

Kershaw Cryo *R799*

BEST FOR: OUTDOOR ADVENTURING

If Indiana Jones were to recommend a pocket knife, he'd gun for this one. This robust, one-function cutter is an essential companion for any budding adventurer. Where a multitool will lose you precious seconds as you try to locate, say, the saw, flipping the Cryo open needs just one hand. And the locking system will come in handy if you ever find yourself swinging from a rope in a jungle.

2

Victorinox Pioneer *R399*

BEST FOR: THE EVERYDAY GENT

We'd usually advise against carrying a sharp knife in your blazer pocket, but we also know everyone has a little Bond in them. Fortunately, the Swiss have turned knife-making into an art, and the sleek and compact Pioneer is smart and safe enough to carry around with you. Use it to open letters, cut string or slice cheese – anything really. It'll make you look a lot more awesome.

3

Leatherman Wave II *R1 599*

BEST FOR: ANY DIY PROBLEM

Are you a handyman? Or do you at least aspire to be one? A toolbox is great, but carrying it around can be a workout. This compact knife unfolds to reveal 17 different tools, from wire cutters and pliers to scissors, so whether there's a burst pipe or a loose thread, you'll have it covered. For tighter budgets, we recommend the Cape Union Arges Multitool (R275, capeunionmart.co.za)

STAY SHARP

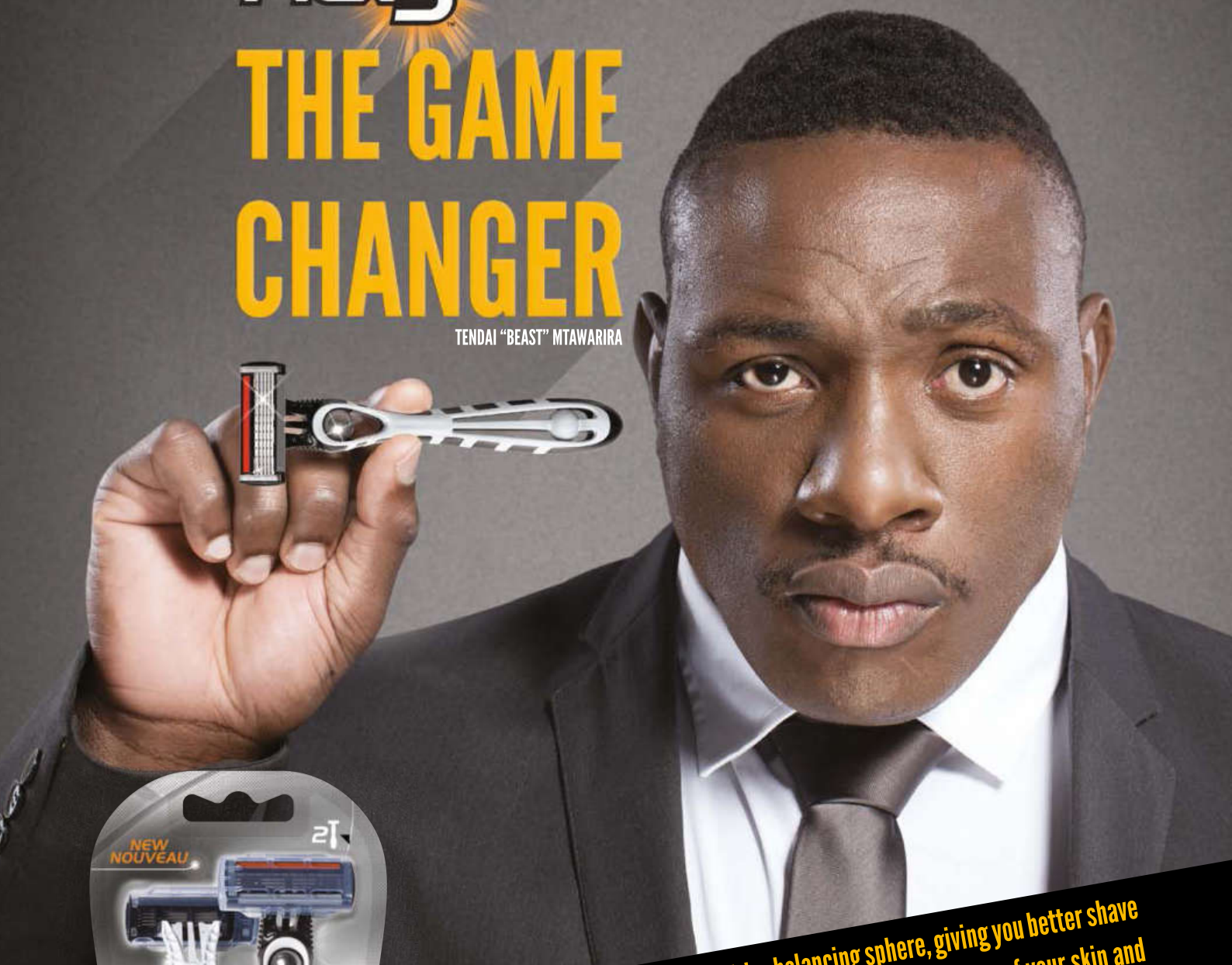
A blunt blade isn't going to cut anything except your fingers. Unless you keep your knife sharp, it's going to be dead weight in your pocket, says carver crafter and collector Christian Goldmann (pegasus-knives.com). Buy yourself a set of sharpening stones (sharpedge.co.za) and start learning. "Knife sharpening is achieved by using a number of grits, starting coarse and ending up with the finest grit," says Goldmann. It takes a bit of practice to find the right angle, but once you've figured it out, even your kitchen knives will be better off.

PHOTOGRAPHS JAMES GARAGHTY

BIC Flex5

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Do You Really Need *That* Smartphone?

Don't be tempted by flagship phones – think outside the box. Chances are you'll find a device that works better for you, and your budget

DROPPING THOUSANDS ON TOP-OF-THE-LINE SMARTPHONES HAS BECOME THE NORM – AFTER all, these shiny mini-computers are powered by technology once reserved for space stations. But you don't really need a fingerprint sensor, do you? Tech guru Arthur Goldstuck says it's easier than ever to find a device far better tailored to your needs than the bestsellers. His company, World Wide Worx, conducted a study that found smartphone users in SA prefer the bare necessities. This research backs up an overseas survey by the Pew Research Centre, which asked people how they use their smartphones - here are our picks, based on those numbers.

The Communicator

BEST FOR...

01 + 02 + 04



Costing a fraction of what the smartphone heavyweights go for, the **Vodafone Smart Kicka** (R650) is a robust device capable of handling all the apps you need to stay in touch. The highlight is the superlong battery life, coming in at an impressive three to four days. On the downside, you might be put off by the small screen and slow menus – but when you don't have to rummage around for your charger every couple of hours, who cares?

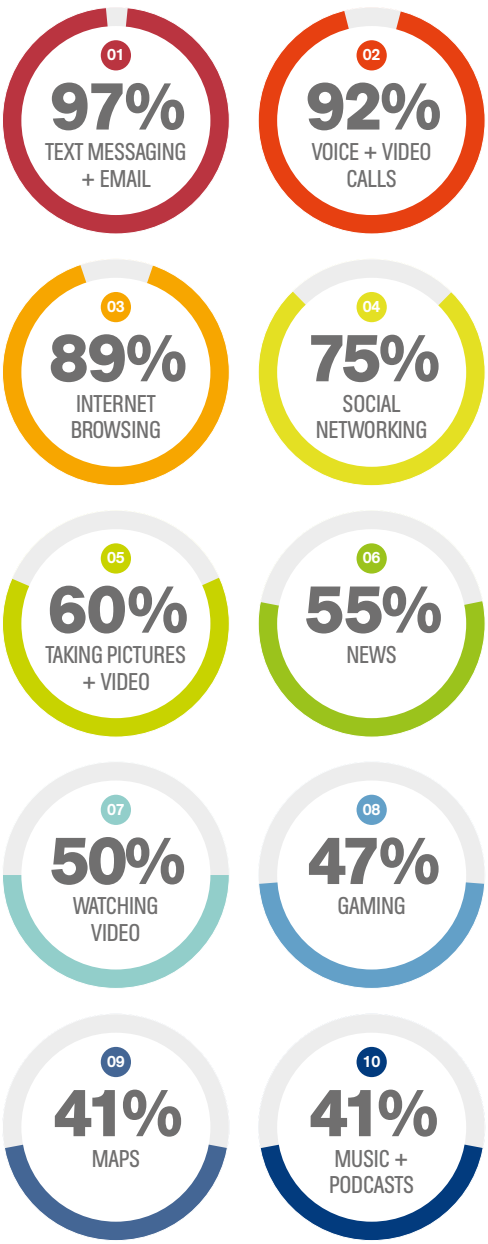
The Serial Browser

BEST FOR...

03 + 04 + 06



The flagship phones are rocking bigger and bigger screens but most of us don't want to be lugging something the size of a plasma TV. The **HTC One Mini** (R4 500) is an inconspicuous device that will let you browse during a bored-meeting or an ill-advised romcom. Best part is that while this phone is smaller, it doesn't skimp on hardware or build quality.



The Rugged Traveller

BEST FOR...

02 + 05 + 09



Consider this is the ultimate travel companion. The **Moto G** (R2 970) is water- and stain-resistant, so it'll survive your next adventure weekend. The 13MP camera is right up there with the best too, so you can chronicle the journey. Although it's one of the most hard-wearing phones on the market, its engine room leaves a lot to be desired. Tests show that the phone struggles running multiple apps at once, which, when you consider how much of a distraction they can be when you're taking time out, actually isn't that big a deal.

The Screen Junkie

BEST FOR...

07 + 08 + 10



Thanks to its 5-inch screen and lengthy battery life, the **Nokia Lumia 640** (R2 439) is ideal for watching videos and playing games. As an added bonus, Nokia's solid build quality means the Lumia looks the part of a tradiitonal slate smartphone. However, the Windows App Store is still underpopulated and you will find most of your favourite apps are missing. But you'll be popping 'Grams and watching clips on YouTube, so you'll survive.

*THE MOBILE AFRICA 2015 STUDY, CONDUCTED BY MOBILE SURVEYING COMPANY GEOPOLL AND WORLD WIDE WORX, SURVEYED CELLPHONE USERS IN SOUTH AFRICA ON THEIR DAILY ACTIVITY

NISSAN

Innovation that excites

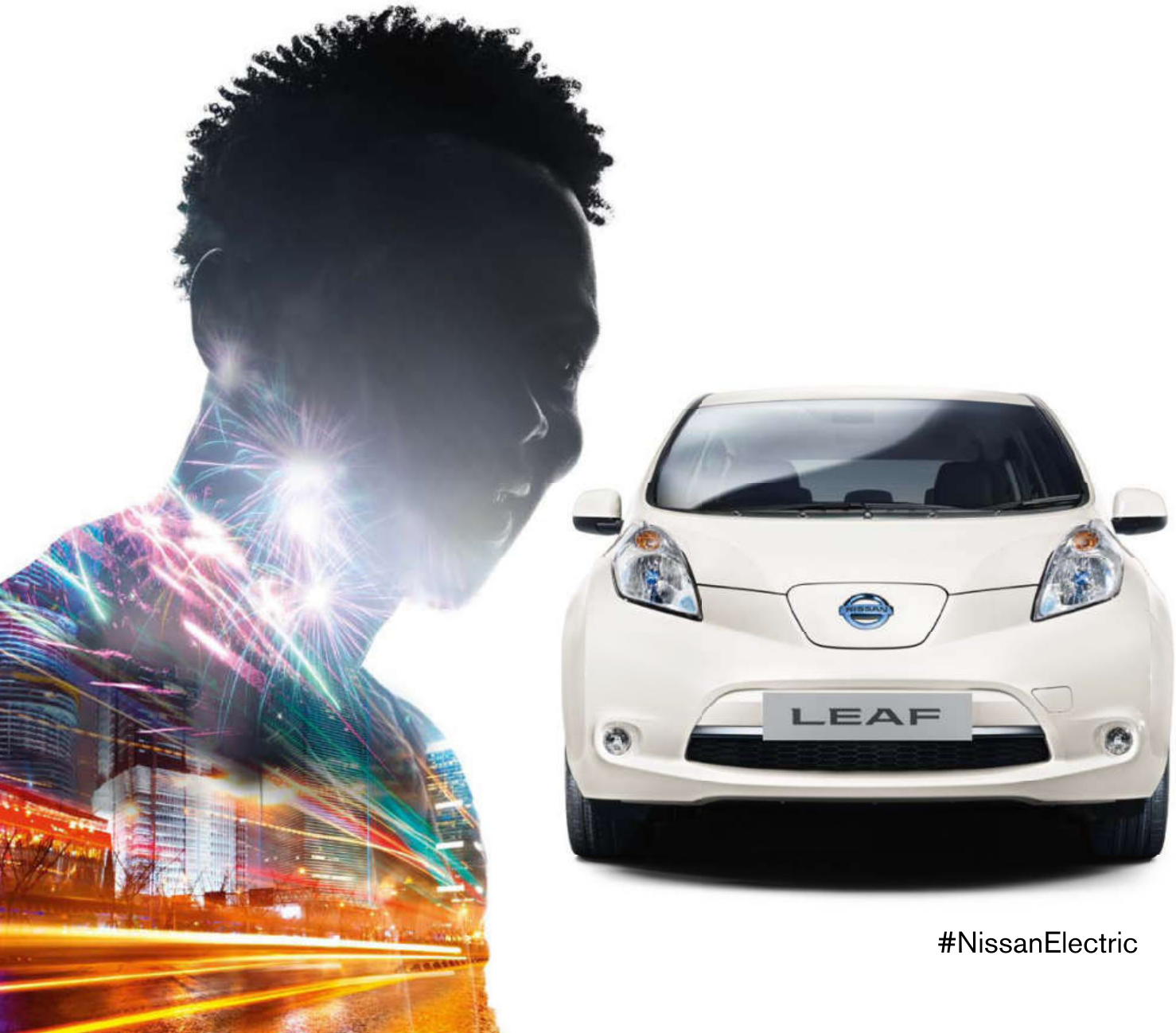
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Spoiler Alerts for Summer

The warm months are exciting in theory, but pitfalls lurk everywhere. Here are some fair-weather warnings, and a few easy saves

REMEMBER...

1/ Sex on the beach is never (ever, ever) as good as sex between fresh sheets at a five-star hotel.

2/ Traffic and crowds suck the thrill out of fireworks. You can still enjoy them from afar.

3/ Medium-rare chicken is not a thing.

4/ Your sharp first-date shirt will develop sweat stains shaped like continents.

5/ Roof-mounted bikes do not fit in garages – or in underground parking garages of a mall.

6/ When the girls at the bonfire dare you to go skinny-dipping, they're up to something.

7/ Swinging on a rope over a swimming hole is no time for indecision.

8/ You may be forced by a young child into riding a merry-go-round at the park.

9/ Late-night boerie rolls from the street corner always smell better than they taste, and taste better than they feel in your gut.

10/ Your shades and stony expression don't hide your bikini watching.

11/ And women who undo their tops never roll over in their sleep. Ever.

12/ Don't give an EFF about DA cANCer? Opinions are like assholes... don't talk politics.

13/ You've never cleaned your braai properly.

14/ No, you haven't.

15/ Grabbing a beer with your friends on a warm, lazy Sunday afternoon sounds great – at first.

16/ There's no such thing as grabbing "a" beer.

17/ The worst place to learn how to fix a flat tyre is at the turnaround of your 80-kilometre ride.

Lighten Up with Linen

The classic summertime fabric linen looks and feels easy. It's breathable, comfortable and instantly makes you feel relaxed, just what you need on a first date. Pick a slim fit style in a pale colour and wear it untucked with khaki chinos or lightweight jeans.

Azeez Jacobs, fashion and grooming editor at Men's Health

Keep Your Clothes On

They'll promise to strip and wade in – if you go in first. Then they will run off with your clothes. This is what happens when women drink beer and conspire.

An anonymous Men's Health *editor who says this happened to some "friends" of his*

Maintain Your Balance

Ninety seconds of spinning on a platform that's also spinning can make any dad toss his tea cookies. Your inner ear's motion sensors aren't designed for this artificial action, so your brain's sense of orientation is confused. Close your eyes (vision makes nausea worse), and when the ride is over, don't move. Sit there as long as your missus allows.

Dr Gary Paige, director, University of Rochester Medical Center Balance Clinic in New York

Scrape, Brush and Flush

"You could use warm water, dishwashing liquid and a brush, but that never really gets rid of everything Instead, try burning the muck. Make a big fire and divide your grid into four imaginary quarters. Place each quarter on the middle of the fire until it becomes red-hot and all the dirt has disappeared and then proceed to the next quarter. Wear leather safety gloves and lightly knock the grid against a wall or rock to get rid of any residual ash."

Jan Braai, legendary tong master and author of a new braai book, The Democratic Republic of Braai

Prepare for a Blowout

Go to bicycling.co.za/bikes-gear to see how to swap out a flat tube. Then practice. Always carry a fresh tube, tyre lever and pump. Carefully run a finger along the tyre's interior before fixing; the guilty shard might still be there. No new tube? Tie a knot in the punctured one and pedal home. Beats walking.

Emily Furia, deputy editor, Bicycling

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WELCOME TO
BRAZILIAN TERRITORY

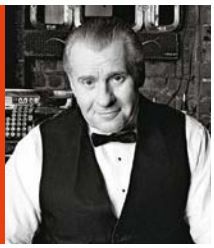
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Rio de Janeiro - Brasil

JIMMY THE BARTENDER

Straight up advice on women, work and other things that screw up men's lives





My fiancée wants us to do his-and-hers costumes for a party. Lame, right?

What we have here is a sly test, my friend. She knows damned well that if your pals see you playing Kermit to her Miss Piggy, you'll never hear the end of it. She wants to see if you'll go along. You could probably wriggle out of it – but if you don't, you'll have a bargaining chip. And if you wanted to use it to, say, get her into some new lingerie, that'd be your business. Or you can press for costumes that will embarrass her more than you – like a whole Mad Max thing. Sure, it's cheesy. But isn't that kind of the point?

My work friend cuts out early. Then he makes me feel like a loser for not doing the same. Is it wrong to bust him?
One of my guys always tells when the other bartenders screw up. I nod politely, but I want to shout, "You think I don't notice when Steve takes a 45-minute smoke break?" Hey, sometimes I have to settle for the help I can get. Look, man, no good comes to guys who whine about their lazy colleagues. Just keep your head down and nose clean – and butt out. Maybe your pal has managed to do his job without staying as late as you do, but odds are he's underperforming, and the chiefs already know it.

My mate's girlfriend is a downer. Now he wants to double-date. Should I tell him (truthfully) why I don't want to go?
Can't you put on your game face just this one time? If she's really that much of a killoy, your buddy will figure it out himself sooner or later. Maybe he just wants to see how well she'd fit in with the folks in his life. But okay, let's assume your tolerance for this woman is zero. Then yes, you must come up with a plausible excuse. Telling your bud that his girl's a dud won't do any good, and it'll make him think you're an a-hole. And you're not... are you?

My folks like to drop by at random to visit our new baby. How do we set boundaries?
You don't know what you've got, bud. Trust me, it's only a matter of time until you start whining about needing your kid-free space. And the more Junior likes your folks, the easier that'll be to pull off. Just work on pinning down the specifics. Next time, as your parents are leaving, say "Thanks guys. When will you be back?" Make sure there's always some bambino time on their calendar and they won't pop in unannounced. When you decide to get out of Babytown for a bit, the kid will love crashing with Ouma and Oupa.

I asked my wife to-be to pick out her engagement ring, but she went way over budget. Now what?
Let me give you some premarital advice: talk about money early and often. Once the wedlock is legal, your dough is her dough and vice versa. So before you go breaking the bank on that rock, you two gotta have a heart-to-heart. Talk about how much you both earn, what's in savings and what kind of dreams you have for the future. Numbers don't lie, so she should understand and want to downsize. If she doesn't, then you might want to have another heart-to-heart... with yourself, about her.

My son's soccer coach yells at the kids on the field. It's ugly. How do I get him to stop?
Well, you could grab him by the collar and scare the crap out of him. But hold on a sec: your son's going to run into a lot more hotheads in his life and you won't always be there to protect him. So instead of starting a war with the coach, talk to your kid after the matches. Make sure he's focusing on what he has to do on the field and not the ranting lunatic on the sidelines. And one day, when the tyke is all grown up and has a jerk for a boss, he'll know what to do.

Follow Jimmy on Twitter @MensHealthJimmy



GUY MATH
HOW MUCH ICE FOR YOUR FROSTY FOUNTAIN DRINK?

You're on a long road trip – or maybe your commute just feels that way – and you pull over to open your cooler box. Now you face a carbonated conundrum: add too much ice to the cup, and you'll short-change yourself. Add too little, and you'll be left with a tepid drink. Calculating the optimal amount of ice depends on how long you want your enjoyment to last. Plug that number (in minutes) into the equation below to find out what percentage of your cup to fill with cubes. (This formula will keep the beverage around 7°: chill enough to chug.)

– MARK ROBER

Drink Time	Ice Fill
MINUTES	%
<20	0
30	5
45	12.5
60	20
90	35

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Miguel Cotto vs Canelo Alvarez

Forget the damp squib that was Mayweather-Pacquiao. This is billed to be the *real* mega-fight of the year, between the two main pretenders to Money's newly vacated throne.

21 NOVEMBER

SOWETO MARATHON

Fancy a morning run? Sign up for either the 10, 21 or 42 kilometre races. Register at soweto-marathon.com

1 NOVEMBER

Need for Speed

Whether you're an avid fan of the franchise or new to the allure of fast cars, you'll dig this game. (The lady in your life may not love how much time you spend playing it, though...)

3 NOVEMBER

BMW Motorrad Days and Motorcycle Festival

Calling all biker gang enthusiasts: BMW will be hosting a three-day music and motorcycle festival in Clarens in the Free State. Expect stunt shows, music performances and beer, obviously.

6-8 NOVEMBER

Spectre

It's the longest James Bond movie yet, with a running time of 160 minutes, and we're betting that bigger means better than ever. Think you can take on Daniel Craig? See below for suggestions on how to live his 007 life.

27 NOVEMBER

The Bazaar of Bad Dreams by Stephen King

Looking for something to pretend to read on the beach this summer? This collection of short stories will keep you glued. And more than a little creeped out too.

3 NOVEMBER

CALL OF DUTY: BLACK OPS III

If killing zombies is your thing, you might not be seeing much sunlight this holiday.

1 NOVEMBER

KURT COBAIN: MONTAGE OF HECK

The soundtrack to the eye-opening doc about Cobain's life and family that came out earlier this year features 85 minutes of home recordings and unreleased tracks.

6 NOVEMBER

Synergy Live

Start the summer in style at SA's foremost EDM festival at Theewaterskloof. Expect tents, drunk youngsters and beats, beats, beats.

27-29 NOVEMBER

THE MAKINGS OF A BOND LIFE



THE SUIT

He's rocking Tom Ford, but you needn't break the bank. We recommend Spaghetti Mafia or Topman



THE CAR

You can't drive it – the Aston Martin DB-10 was made just for the movie – but you can take a classic car for a spin



THE DRINK

Shake up Bond's martini with the spirit of the summer: gin. Mix with vermouth and serve in a chilled glass with an olive



THE GIRL

Monica Belucci, at 50, is the oldest Bond girl... err, woman. Just don't call her a cougar

*SOURCE SIATSALUOV.ZA, 2001

JWT66313



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The Lazy Man's Guide to Great Cooking

Say goodbye to pots, pans and washing up. These no-fuss alternatives will put your stove to shame





Wonderbag

You've probably wondered what the hell it is. It's a shortcut to delicious slow-cooked meals that will be warm and ready when you get home. Former *MasterChef* contestant-turned-restaureteur Shannon Smuts uses the Wonderbag (R399, yuppiechef.com) daily to prepare meals for her customers, and she says it helps get the most out of her ingredients. By insulating a hot dish, the bag continues cooking its contents so you don't have to stand staring at a boiling pot. Try her butter chicken recipe:

WHAT YOU'LL NEED

- **5** CHICKEN BREASTS, CUT INTO BITE-SIZED CHUNKS
- **2** ONIONS, CHOPPED
- **50G** BUTTER
- **2** CLOVES GARLIC
- **30G** FRESH GINGER, PEELED AND GRATED
- **1½** TBSP TOMATO PASTE
- **1** TBSP THAI RED CURRY PASTE
- **1** TBSP GARAM MASALA
- **2** TSP MILD CURRY POWDER
- **2** TSP TURMERIC
- **1** TSP CAYENNE PEPPER
- **1** TSP SALT
- **2** TINS TOMATO-AND-ONION MIX
- **500ML** CHICKEN STOCK
- **1½** LITRES OF CREAM
- **500G** COOKED BASMATI RICE

HOW TO MAKE IT

1/ Melt butter in a large pot, add onions and garlic and fry until soft. Mix in the spices and fresh ginger, leaving it to sizzle for two minutes.
2/ Throw in the tomato paste, canned tomatoes and chicken stock. Simmer for a few minutes, then blend the mixture together using a stick blender or food processor.
3/ Add your chicken and bring to the boil. When it starts bubbling, cover the pot with a lid and seal it up in the Wonderbag (R399, yuppiechef.com).
4/ It will take 1½ hours to cook through. Heat the pot up on the stove, mixing in the cream, and serve.



Ceviche

Mexico's beach-dwellers don't want to sweat over a stove, and neither should you. Ceviche is easy to make and perfect for a quick dinner. The magic of the meal lies in the fact that it uses the natural acidity of limes to cook the fish.

WHAT YOU'LL NEED

- **400G** GEELBEK FILLETS
- **5 TO 6** LIMES
- **1** CUP DICED TOMATOES
- **2** SPRING ONIONS
- **1** CHOPPED YELLOW PEPPER
- **1** FINELY CHOPPED FRESH CHILLI
- **1** TBSP WHITE VINEGAR
- **¼** TSP SALT
- **½** TSP PEPPER
- **½** TSP OREGANUM
- **1** SMALL ONION, FINELY CHOPPED

HOW TO MAKE IT

1/ Dice up the fish and marinate the pieces in lime juice in the fridge overnight (or around 8 hours).
2/ Pour off the juice, add the remaining ingredients and toss together.
3/ Add a dash of Tabasco if you want the dish to have more of a kick.



Pit Oven

Dig a hole, light a fire and get cooking. This is the ultimate no-nonsense approach to cooking (think of it as an underground pressure cooker) and the results speak for themselves. Preferably saved for a sunny day with mates around to help.

HOW TO BUILD IT

1/ Dig a hole roughly three times bigger than the food you're making and make a huge fire next to it.
2/ When it's burning, put igneous rocks around the fire to let them heat up and when they're hot, pack them along the bottom and the sides of the hole.
3/ Put banana leaves and fresh herbs on the rocks, then season your meal and wrap it in banana leaves. Place the parcel on top of the herbs and cover with more herbs, leaves and hot rocks.
4/ Pour about five cups of water over the rocks and cover with a tarp or piece of fabric. Fill up any open spaces with sand and make a mound to help insulate the pit. When the food is done* pull off the cover and make sure none of the sand falls onto your food.

PHOTOGRAPHS GETTY/GALLO IMAGES, COOKED IN AFRICA FILMS (PIT OVEN)

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Chasing Tigers

After quitting his job to work on a photography portfolio, our writer realised that sometimes the best-laid plans are the ones you didn't make

WORDS AND PHOTOGRAPHS BY IAN McNAUGHT DAVIS

THE TIGER SAUNTERED DOWN RUSTAVELLI Avenue. The pads on its paws kissed the tar without a sound. Its tail flicked from side to side like a pendulum – one that's timed the final seconds of lifespans of countless warm-blooded creatures. Doors were snatched shut. People – sweating, praying – peered through windows. Blood rushed from their bellies to their limbs. Onwards the tiger walked, with the confidence of a million beauty queens. The strength of a horde of samurai.

It passed a deserted McDonald's and turned a corner. A shard of afternoon light sliced through the branches of the street-side trees and illuminated its copper coat. It swiveled its head and stared right through me. Click. Got it.

That's how I pictured it as the diesel train dragged itself through the pine forests of Georgia, a country I didn't know existed until the Springboks beat them in the 2003 Rugby World Cup. A few hours earlier I was in Batumi on the shores of the Black Sea, where I'd been told that there was a flashflood in the capital, Tbilisi. The deluge had smashed the gates of the zoo and the animals were roaming the city. Reports said that 20 wolves, eight bears, six tigers and several hyaenas were on the loose.

In a time where millions of people can't resist the urge to photograph their cappuccinos, it's hard to make truly memorable pictures. But I figured that images of a city turned into a state of Jumanji would stand out. I formatted my memory cards, stuffed my backpack and thumbed down a car to take me to the train station.

A YEAR EARLIER I WORKED FOR THE MAGAZINE that you're reading now. I wrote stories and came up with a lot of bad puns for headlines that didn't make it to print. I had a desk, hospital cover, discounts for DStv and a steady income. It was a secure job – secure in the sense that it didn't require dealing with live tigers, for example.

During this time, I suffered from recurring bouts of introspection. I had a niggling urge to travel and take photographs, but having a job got in the way of this. And like so many people who buy cappuccinos and wonder if the world needs more latte art, I gave into my urges. And so somehow I ended up on a midday train in Georgia, envisioning the perfect shot I was about to nab in Tbilisi.

I sat next to the window, fidgeting with my camera equipment and thinking about my impending big break from this picture. One that will soon be framed with a canary-yellow border and have the words *National Geographic* above it, no doubt. "The Tiger of Tbilisi" they'll call it. The carnal glint in the untamable eyes. The provocative contrast of a wild beast against an urban backdrop. The hypnotic simplicity of it all.

When I got to the city, I heard that a tiger had killed someone. It cornered a man in a warehouse and ripped his throat out. A woman told me that the police and the army were hunting the predators – or as the Ministry of Internal Affairs put it, "giving them injections" – and it had turned competitive. She said the army was ahead of the police after having shot the warehouse tiger the previous day.



Lipidol is a range of six new oils for daily skincare. Featured product: Lipidol Sunscreen Oil 125ml UVA/UVB (SPF20). Supplements the skin's natural oily layer stripped away by sun, wind and water. Available at selected Clicks stores at the recommended retail price of R79.95. lipidol.com

There were already pictures of a sedated hippo being herded around muddy streets, but I wanted a tiger. I'd settle for a bear, but a tiger was first prize. I needed to bypass the police barricade, so I snuck through a forest in the botanical gardens. I passed two teenagers who were too busy making out in a hedge to notice me. I'd like to think I'd have had a better reaction time if a tiger had to choose between us.

The forest spilled into a soggy marshland of a zoo. Trees had been flattened. Roads were sucked into sinkholes. Bridges lay mangled. On the slopes of a hill, skittish deer cantered in an undamaged enclosure. I saw men pushing a wheelbarrow packet with freshly butchered meat. They looked at me, and disappeared quickly. We all knew we weren't supposed to be there.

THE TIGER HASN'T BEEN SEEN SINCE, AND neither has my award-winning photograph. I got shots of mysterious paw prints in the sloppy dirt of the zoo-turned-floodplain, but the general consensus was that they belonged to a dog.

One of the reasons why I didn't get a shot of the tiger of Tbilisi – besides the obvious one that tigers are not native to urban settlements in Georgia– was because I went looking for it. I expected to see it.

Photographs, or at least the photographs that I want to make, are flashes of everyday life's idiosyncrasies – whether they're moments of badly disguised boredom or screaming ironies or haunting contrasts. They flicker for a second or two and then they're gone. Some of these moments you can anticipate; a lot will take you by surprise and most of them you'll miss – left fumbling and cursing as the decisive moment dissolves in front of you.

But sometimes – thanks to a blend of dumb luck and athletic loitering – I've been able to freeze these moments in my past year of exploring and photographing the human condition. A girl running barefoot around Burgersdorp with live fireworks in her hand, firing them into the night sky. *Click*. A street dog begging for food from an anorexic tourist in Istanbul. *Click*. A Turkish man who hauls out his gun during post-circumcision party, only to realise it's inappropriate and puts it back a second later. *Click*. A policeman in riot gear spellbound by the derriere of an Armenian protestor, totally oblivious to his duties of skop, skiet en donner. *Click*.

None of these I planned to photograph. And the same goes for being in the places where these pictures happened in front of me. I never planned to spend my days wandering around former Soviet states looking for large cats. I just kind of ended up there.

THE POSSIBILITIES OF THE UNPLANNED HAVE authored my life since my resignation. In fact, they are the cause of it. Last year, I went to buy peanut butter on my lunch break and ended up buying a bicycle from someone in the street who had arrived in Cape Town 20 minutes earlier, having cycled the length of Africa. Two weeks later I resigned, and soon I was on a 4 000 kilometre bicycle ride that zigzagged across the country.

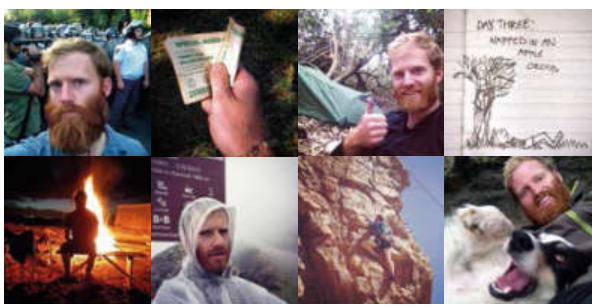
I started off travelling to the rhythm of a detailed itinerary. But by the time I reached Grahamstown, I realised I could go at any pace or in any direction I wanted. So I took a detour and walked up the Wild Coast from Cintsa to Port Edward, and then I carried on cycling through South Africa. Since then I've hitchhiked through Zimbabwe, Zambia and Namibia. I've travelled across Turkey and ended up in countries I didn't know existed, with alphabets I can't read. Looking for tigers, of all things.

I'm not advocating for not planning for things. Retirement funds, speeches, pregnancies... Nobody wants to be surprised by those. Plan them to the last detail. But if you can afford to not plan something – your next long weekend or upcoming mid-life crisis – then don't.

Because aside from the photos, I find myself amassing experiences I didn't count on. Swimming across bridgeless rivers of the Wild Coast with my backpack in a drybag, hoping I've duct taped all the holes and that the Zambezi sharks are somewhere else. Being on the receiving end of boundless kindness from strangers who supplied me with food when I was hungry, and shelter when it was raining. Watching a Georgian monk punch a civilian during a protest against Monster Energy Drink. Finding myself in a whirl of psyched-up Armenians dancing to Pink Floyd in a mass protest against electricity prices. Waiting for hours with my bicycle and several homeless people under a bridge in Ladybrand for a storm to move on. Staring at the ghostly, outlandish landscape in Cappadocia and wondering if I'm still on Earth. These were all the result of either a spontaneous detour or the absence of a premeditated idea.

I'M STILL LEARNING TO LET GO OF THE THINGS I can't control. and it's difficult – it's far easier to schedule and tabulate and itinerise what we think we'll do. But as long as I'm looking for moments to photograph,waiting for that perfect collision of composition and story, I'm reminded of how little control we truly have over our lives. And that nuns will never light up a cigarette when the light is perfect.

When I left my job last year I planned to do this for a year and then find another grownup job. But at this moment, I'm learning too much to stop now. I've decided (budget- and subject matter-permitting) that I'm going to carry on for a bit longer. I'm going to keep on looking for tigers (metaphorical ones, this time) and, in doing so, I'll keep on finding what I wasn't looking for. Or at least, that's the plan. MH



DON'T TRAVEL LIGHT. TRAVEL SMART

How to stay on the road longer, with a lot less

▸ Leatherman
Servicing bikes, hacking branches, opening beers, removing splinters, cutting biltong and gutting fish. Enough said. Just remember to give it a good wash every now and then.

▸ Charger
Get a small solar power charger, which powers up while you're cycling or on long bus rides. It won't charge your smartphone entirely, but it'll jumpstart a dead battery, send a message or check a map in an emergency.

▸ Stove
You don't want to struggle when you're hungry after a long day in the saddle. The MSR Whisperlite stove uses benzene, paraffin, petrol or diesel, so you can fuel up almost anywhere.

▸ Notebook
Yes, paper and pen. I've written all my stories by hand – this story included.

▸ Backpack
With a small pack there's less temptation to fill it with stuff you don't need.

▸ One-Man Tent
You can't sit up in it, but you can sleep in it and it'll keep you dry, and that's what tents are for. An olive green colour provides good camouflage for wild camping.

▸ Camera
I've ditched the DSLR for a mirrorless camera. It's inconspicuous, and without a mirror moving inside it, there's less camera shake, so you can shoot in low light.

▸ Book
A Kindle might make more sense, but reading a book in a queue at a border post shows that you are a man who isn't in a hurry, and this negates you as a target for bribes.

▸ Clothes
If you're only going to wear an item once a week, don't bring it a long. And rolling your clothes up instead of folding them saves more space.

▸ Sneakers
I can't walk for hours in cleats, so I cycle in sneakers. I hiked in the Caucasus Mountains in sneakers – it might be more comfortable in hiking boots, but versatility wins.

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Upgrade Your Body With Yoga

Men don't do yoga, right? Wrong. Every man needs it. Here's how (and why) to skip the stereotypes, myths and excuses – and start using this form of physical medicine

BY ARTHUR JONES
PHOTOGRAPHS CHRIS LAURENZ



Tree Natural Yoga Studio co-owner Brett Roux and head instructor Misha Mostert

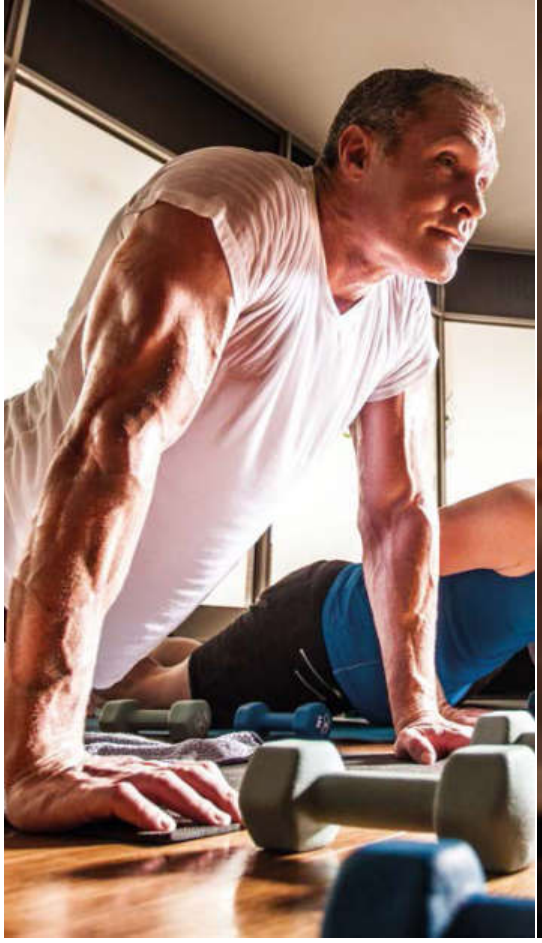
YOGA NEEDS BETTER PR. IT HAS AN ASTOUNDINGLY LONG LIST of benefits, but most men fail to see that. Most view yoga as an esoteric pasttime for women, thinking it involves putting yourself in embarrassing positions and suspect clothing without any real muscle benefits. But that couldn't be more wrong. Yoga doesn't force you to chant or talk about your feelings, as most men fear – it's a stress-killing, mobility-improving form of movement that teaches you how to breathe, recover quicker, improve your range of motion, and use your core more effectively. The good news is that perceptions are changing, and it's being spearheaded by top sportsmen, coaches and guys who just want to perform better.

Tree Natural is a combination yoga studio with a healthy food cafe in Umhlanga, and it was started by *MH* cover model Brett Roux and his two partners, Dominique Howard and Nic Burden. Through their talented team of instructors, headed up by Misha Mostert, they're providing both traditional classes, like Vinyasa, and signature ones with a modern twist. "Our heated Sculpt class is a combination of high intensity training, calisthenics and yoga flow, all done with light dumbbells," says Roux. "It's a great introduction to the yoga environment, because it bypasses the stereotype and is marketed as more of a 'workout', which some men find to be more comfortable. It's a mash-up of functional fitness and yoga that men can relate to," says Mostert. It has men signing up and sweating in big numbers: everyone from Cell C Sharks rugby players and coaching staff to big wave surfers rely on Misha for their flowing movement fix. We travelled to the studio to try a few classes. The result? We're convinced too. Time for you to ignore the haters and get onto the mat.

Myth 1/ It's Only for Women

THE TRUTH: YOGA ACTUALLY HOLDS MORE BENEFITS FOR MEN

"The reluctance of men to try yoga is interesting, because for the greater part of yoga's existence women were not allowed to practice it. Only since yoga was introduced to the Western world has it become popular among women," says Mostert. "But the fact that yoga is now thought of as a 'women's form of fitness' makes men a lot more reluctant to take part." According to research by yogajournal.com, less than 18% of yoga practioners are male – but that's all changing thanks to the influence of men like Dylan Werner and international movements like Manflow Yoga. Local studios like Tree Natural are becoming more and more popular with progressive doctors, coaches and trainers, like Dr Alan Kourie, the Cell C Sharks team physician, and Paul Anthony, head coach for the under 19 Sharks rugby side. "I don't think that yoga is for all men, but I do think it's for real men," explains Kourie. "I understand that one of the challenges men grapple with in getting themselves into a yoga studio is the pre-conceived idea that it's a 'women-only thing', and it's not. If Novak Djokovic, the New York Giants and the All Blacks don't have any gender concerns in using yoga as a means to achieve success, then neither should any guy here in South Africa."


When it comes to flexibility and range of motion, men are usually a lot more restricted than women – which means yoga can do more for us. "In my experience, I've found most men to be particularly less flexible than woman and, interestingly, tend to have weaker core strength too," says Kourie. "I believe that as we age, we tend to become more sedentary and our joints aren't forced through the kind of ranges they used to be when on the school cricket pitch or during a game of beach touch rugby," says Kourie. "Yoga moves the hips, shoulders, vertebrae and other joints through all their ranges of motion, thereby improving agility."

Myth 2/ Yoga Isn't Challenging

THE TRUTH: YOU'LL BE HUMBLED AS YOUR WEAKNESSES ARE HIGHLIGHTED

"You'll go to places you never knew existed during a practice," says Roux. "I've seen top rugby players and CrossFit athletes break down in classes – men who can bench 200kg but can't hold a yoga pose for 30 seconds," says Roux. "Yoga will always give you what you need, but not always what you expect. A big misconception in yoga is that it's only about stretching. I initially used it to increase my mobility and flexibility, but I had no idea how vigorous yoga could be and how completely blown I'd be after a class," explains Roux. At Tree Natural, Roux and Mostert have trained a number of Sharks rugby players and coaches, national hockey players, legendary big wave charger Grant "Twiggy" Baker and Nic Burden, Roux's business partner and ex-Springbok sprint kayaker. "Internationally the list of yoga training converts is a lot longer, of course: the Indian cricket team, the All Blacks (106kg centre Ma'a Nonu has been doing yoga for years for recovery), surfer Laird Hamilton, boxer Floyd Mayweather and footballer Ryan Giggs, who released a DVD called *Giggs Fitness: Power & Strength Through Yoga*."

"PERHAPS THE MOST SURPRISING THING WAS THAT YOGA MADE ME STRONGER. IT UNLOCKED UNTAPPED POTENTIAL IN MY STRENGTH AND ALL-ROUND ATHLETICISM"

Myth 3/ There Are No Strength Benefits

THE TRUTH: DONE RIGHT, IT CAN MAKE YOU STRONGER

Roux, with his athletic background, is the perfect case study for the strength benefits of yoga. "I enjoy variety, and the challenge presented by different sports and their training routines. My goal is complete athleticism – and my definition of that is a balance between raw strength, explosive power, agility, endurance, speed and control," explains Roux. "Perhaps the most surprising thing that happened was yoga made me stronger. The different activation of muscles and increased mobility translated across to Olympic and power lifting. After exchanging a strength training day for a yoga day, like magic, my power increased. Yoga unlocked untapped potential in my strength and all-round athleticism."

Kourie and Anthony have used Sculpt yoga as part of their pre-season training for the Under-19 Sharks side and have taken a number of the senior team players for classes. "There's huge benefits for sportsmen, especially those constantly involved in excessive muscle strengthening, as a means of muscle relaxation and recovery. The strengthening of muscles puts extra strain on the tendons, as they now become more taut at their bony attachments. This can result in a number of different biomechanical changes in the body, which, if not corrected, can predispose a player to injury," says Kourie. But it doesn't end there: yoga also offers another big benefit for Kourie and his own sporting life. "Balance is another focus point of yoga, which I believe is hugely underestimated in its value in almost all sports. I've personally found that working on my balance, as well as my core strength has helped improve my surfing. Lunging and holding in the Warrior position has also improved my VMO (*vastus medialis* oblique) strength, which acts as a knee stabiliser, and this has helped my mountain biking," says Kourie.

Myth 4/ It's a Form of Religion

THE TRUTH: YOGA DOESN'T REQUIRE ANY KIND OF PSYCHOLOGICAL CHANGE

"We encounter extreme points of view around religion regularly, and some people think of yogis as a group of barefoot people wearing linen rolling around on a mat and chanting – it's such a fractured perception of what yoga is," explains Roux. "Yoga is not a religion. Guys should focus on its benefits, which are scientifically proven. For me, I want yoga to be readily accessible to everyone, regardless of age, sex, religion or level of fitness. Yoga does not ask you to be vegetarian, grow your hair or change who you are. It's not some airy-fairy nonsense; it's profound in what it can do for your body and what it can do for your mind. Yoga can make you a better athlete, a better human and yes, if you let it, even a better man."

Myth 5/ Men Know How to Breathe Already

THE TRUTH: WE REALLY DON'T. BUT YOGA WILL HELP YOU TO IMPROVE

"Yoga is based around breathing, and when it's controlled, deep and slow, you can reach extremely focused mental states that carry over into your day," says Roux. "It has been scientifically proven to lower your heart rate, reduce stress and blood pressure, relieve anxiety and depression and help increase brain function, concentration and memory." This focus on breathing techniques (called pranayama) in yoga provides mental and physical benefits for everyone from athletes to overworked businessmen. "Freedivers are able to hold their breath for longer periods of time because they focus on pranayama in their yoga," says Mostert. Roux has also benefited from it. "The lessons learnt have aided my running and endurance sports immensely, and whenever I feel stressed I revert back to my yoga breathing and things automatically calm down." It doesn't end there. "Breathing properly is one of the best, most effective way to achieve clarity of mind – the kind of clarity a place kicker would need as he's lining up a penalty, or that a Formula One driver could benefit from when negotiating a tricky corner," says Kourie, who deals with pro sportsmen and their unique demands daily. "From a mental perspective, the quiet time experienced during a yoga class can afford the modern man a moment in his day to quieten the mind and allow his stress to move out of the body, instead of accumulating in the neck, shoulders, back and joints." Kourie used yoga as an essential part of his own Ironman triathlon training. "I used it as a means to continually check in with my body that it was balanced, recovered and free from excessive tension as well as to focus on my breathing technique. Breathing is the 'not so secret' secret to success in any sport, and in daily life, for that matter."

Myth 6/ Yoga's Benefits End with Flexibility

THE TRUTH: IT HAS A LONG LIST OF EXTRAS

Yoga is done at your own pace, and the movements are self-limiting, so you won't injure yourself if your ego gets ahead of your ability. "Yoga will also uncover any weaknesses in the body that you may never have been aware of, whether it's hamstring flexibility, shoulder instability or strength imbalances in one knee relative to the other," says Kourie.



Yoga will help you sweat out toxins and teach you how to breathe more effectively



The Sharks under-19 rugby squad uses Sculpt yoga as part of their training plan

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"Yoga also helps to highlight discrepancies in symmetry and improves proprioception, which is the sense of where one's limbs are in space. This is vital when it comes to injury prevention and one of the important things that need rehab post-injury, as injury (especially to ligaments and tendons) damages the feedback of the injured body part to the brain." Some of his Sharks use Sunday morning yoga as one of their recovery methods after a Saturday evening game, while the Australia national rugby team often uses yoga and mediation to counteract effects of jet-lag.

Yoga has been particularly good for Roux. "It was the most important part of my recovery a few years ago when I tore my ACL playing rugby; it has highlighted the imbalance I had in my body from the hamstring graft – in fact it pinpointed every injury I've ever had, and taught me what and where I needed to focus on. Yoga is medicine: it's a mirror to my weaknesses, it's the biggest argument I have with my ego and it provides the edge I've always looked for in achieving complete athleticism," says Roux. Besides all the above mentioned benefits, yoga can also help to detox (through sweating) and even help you conquer lower back pain. According to studies done by Professor Karen Sherman of the Group Health Research Institute, a carefully adapted set of yoga poses may help reduce pain and improve function.

"YOGA CAN ALSO HELP YOU TO DETOX AND EVEN ASSIST WITH CONQUERING BACK PAIN"

YOUR YOGA HOMEWORK

3 Portable Power Positions

Use these three moves from Head Instructor Misha Mostert anywhere to improve your weak areas and perform better, or even as a smart, non-impact warm-up or warm-down routine. "Most of the men I've encountered in my classes struggle anatomically with three main areas: hips, hamstrings and shoulders. Men who play sports or exercise regularly tend to be even tighter or more restricted in those areas."



Eka Pada Rajakapotasana
(One-Legged King Pigeon Pose)

From downward facing dog, bring your left knee to your left elbow and lay it down on the mat. Square your shin off as much as possible, without pushing your heel too far forward. Square your hips to face forward and keep your opposite leg extended behind you, the top of your foot flat on the floor. Take a deep breath in, and on exhale begin to walk your hands out in front of you, folding forward over your shin, and aim to bring your forehead onto the floor.



Paschimottanasana
(Seated Forward Bend)

Sit on the floor with your legs straight out in front of you. Inhale while keeping your torso straight and lean forward from the hip. Extend your arms forward and place your hands alongside your calves, or grab the bottoms of your feet. If you're struggling to grab them, loop an elastic band around the soles. Aim to fold a little further forward on each exhale, but don't force it. Stay in this pose for 1 to 3 minutes.



Prasarita Padottanasana
(Standing Wide-Legged Forward Bend with Hands Clasped Behind Back)

Stand in a wide-legged stance with your feet about a metre to 1.5m apart. Clasp your hands behind you and turn your toes slightly inwards, keeping your heels out. With your hands interlaced, hinge from your hips and fold forward. Relax and allow your arms to move overhead. If you are unable to clasp your hands, hold a strap rather with your hands at a slightly wider distance. Stay in this pose for 30 seconds to a minute.

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Build More, Lift Less

Feel the burn with 5-kilogram dumbbells

BY TREVOR THIEME · PHOTOGRAPHS TRAVIS RATHBONE

THE LAST TIME YOU TOUCHED 5kg dumbbells was probably while searching for shoes under your wife's side of the bed. After all, light weights are for women and injury rehab, right? Wrong, dumbass. Working both ends of the dumbbell rack hits a broader spectrum of muscle fibres and challenges your muscles in ways that using heavier weights alone can't. "You'll increase your strength, power and mobility," says strength and conditioning coach BJ Gaddour. Weave these 10 exercises into your workouts to see for yourself.



1/ Increase Mobility

OVERHEAD SQUAT

Stand with your feet shoulder-width apart and hold a pair of dumbbells above your shoulders, palms forward. Lower your body until your thighs are parallel to the floor. Drive through your heels to return to the starting position. Do 5 sets of 10 reps.



2/ Enhance Balance

CRAB TO TOE TOUCH

Assume a crab-walk position, holding a dumbbell in your left hand in front of your shoulder. Raise your right leg and reach for your toes with the dumbbell. Return to the starting position. Do 10 reps, switch arms and legs, and repeat. That's 1 set; do 3.

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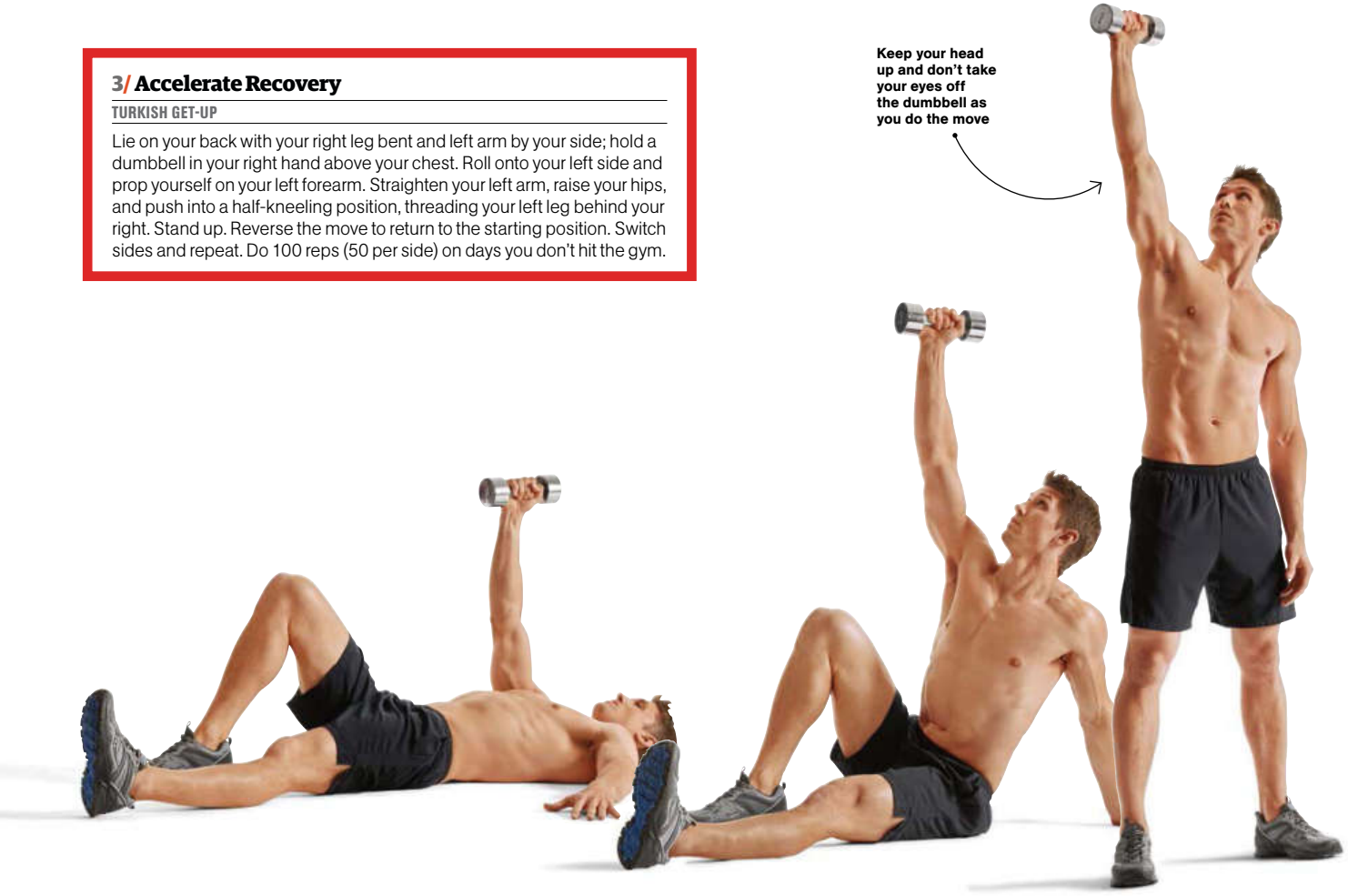
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3/ Accelerate Recovery

TURKISH GET-UP

Lie on your back with your right leg bent and left arm by your side; hold a dumbbell in your right hand above your chest. Roll onto your left side and prop yourself on your left forearm. Straighten your left arm, raise your hips, and push into a half-kneeling position, threading your left leg behind your right. Stand up. Reverse the move to return to the starting position. Switch sides and repeat. Do 100 reps (50 per side) on days you don't hit the gym.





4/ Build Explosiveness

DUMBBELL DISCUS

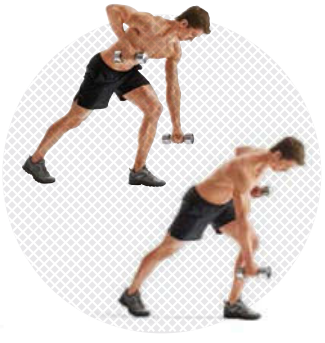
With a dumbbell in your right hand, stand with your feet slightly beyond shoulder-width. Turn right by pivoting on your left foot; bend your knees and lower your body as you reach back with your right arm and down with your left. (Imagine you're winding up to hurl a discus.) Pivot left, swinging your right arm up and left arm back. Repeat for 20 seconds; rest 10 seconds. Switch hands and repeat in the other direction. Continue 4 minutes.



5/ Gain Speed

ROTATIONAL PUNCHES

Stand tall with your feet slightly beyond shoulder-width apart. Hold a dumbbell in each hand in front of your ribs, palms facing each other. Twist your torso to the left by pivoting on your right foot, and punch straight out from your shoulder with the dumbbell in your right hand. Now pivot right, punching explosively with the dumbbell in your left hand. Continue alternating sides for 30 seconds; then rest for 30 seconds. Do this 5 times total.



6/ Boost Metabolism

SEE-SAW ROW

Stand holding a pair of dumbbells at arm's length next to your sides. Take a step forward with your left foot, bend your knees, and hinge forward slightly. Row the dumbbell in your right hand to your right side, and then lower it as you row the weight in your left hand to your left side. Continue alternating sides as fast as you can for 20 seconds, and then rest for 10 seconds. Switch legs and repeat. Continue for 4 minutes.



7/ Develop Stamina

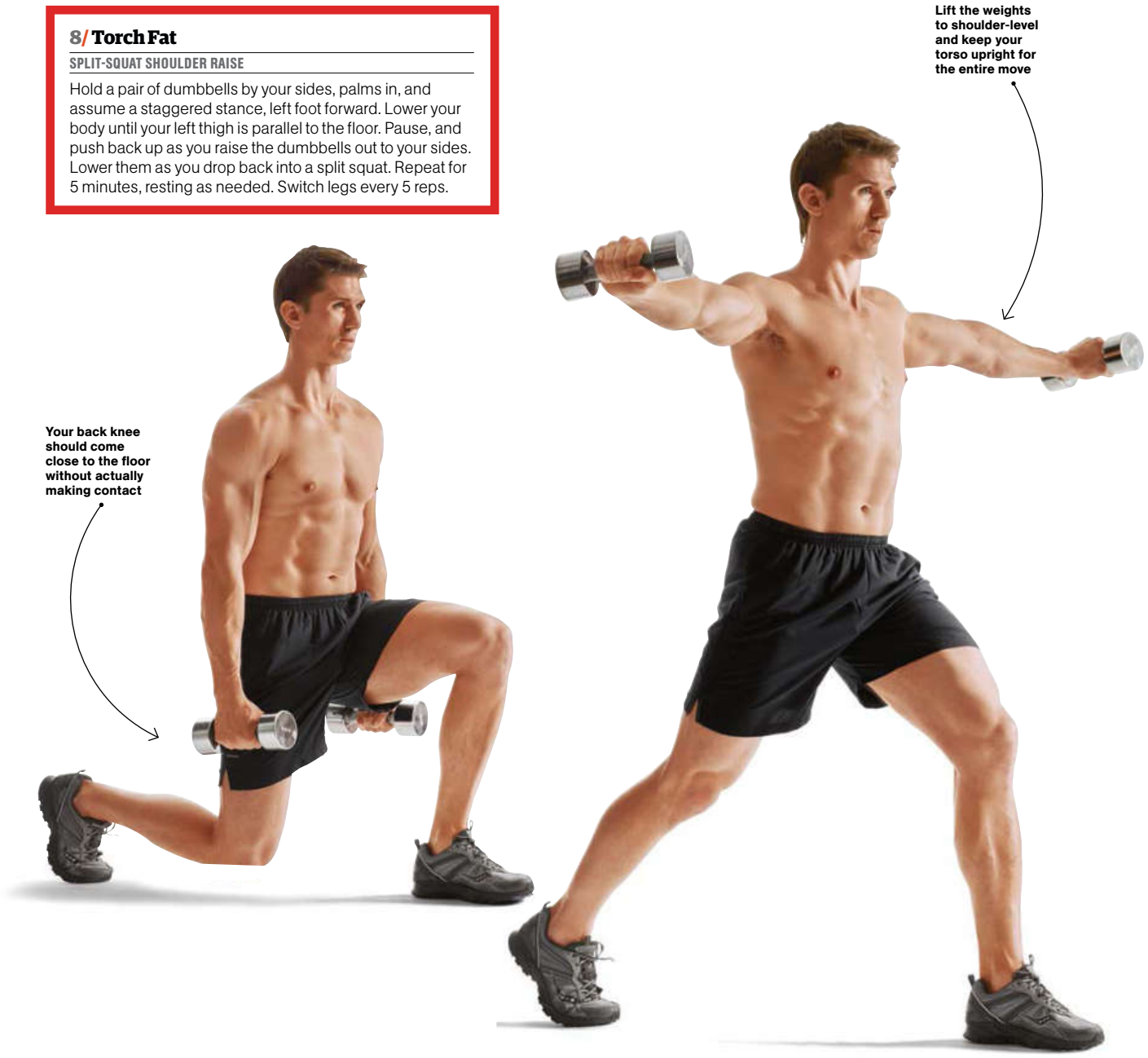
PUSH-UP CURL

Grab a pair of dumbbells and assume a push-up position with your palms facing each other. Spread your feet slightly. Your body should form a straight line from your head to your ankles. Now lift the dumbbell in your right hand off the floor slightly, and curl it towards your right shoulder. (Try not to move your upper arm.) Lower it, and repeat with your left arm. Continue alternating right and left curls for 30 to 60 seconds.

8/ Torch Fat

SPLIT-SQUAT SHOULDER RAISE

Hold a pair of dumbbells by your sides, palms in, and assume a staggered stance, left foot forward. Lower your body until your left thigh is parallel to the floor. Pause, and push back up as you raise the dumbbells out to your sides. Lower them as you drop back into a split squat. Repeat for 5 minutes, resting as needed. Switch legs every 5 reps.

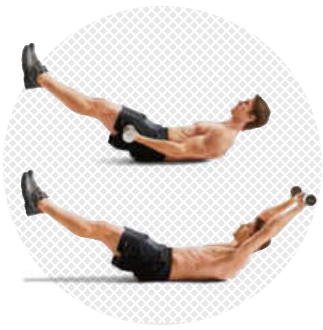




9/ Increase Strength

DUMBBELL PISTOL SQUAT

Hold a pair of dumbbells by your sides and raise your left foot off the floor. Keeping your leg raised, lower your body into a squat, lifting the dumbbells in front of you. Return to the starting position. If that's too hard, squat onto a bench. Do 3 sets of 10 reps.



10/ Build Stability

SIX-PACK SWEEPER

Lie on your back with your feet together and a dumbbell in each hand next to your thighs, palms up. Raise your legs and upper body off the floor. Sweep your arms above your head in an arc, then back to your sides. That's 1 rep; do 3 sets of 10 to 20.

ASK THE TRAINER

Lil Bianchi is a world champion powerlifter, top strength and conditioning coach, and owner of Off the Grid Athletic Gym





Why do I need to work on my grip strength?

In today's times of fancy, quick and fluffy, the fundamentals are far too often neglected. You are only as strong as your weakest link. Simple. Without a strong grip the potential to max out a heavy deadlift, row a heavy dumbbell or perform more than a handful of pull-ups compromises your potential for progress. If you can't grip it, you can't rip it. *[See The* MH *Forearm and Grip Formula for tips.]*

Are low bar squats better than "normal" ones?

Choosing the placement of your bar is an integral part of your set up when it comes to squatting. You can either place the bar high or low – the difference between them is roughly 2 or 3 inches. A high bar is most popular with regular gym-goers, and it places the bar on top of your trapezius muscles. The low bar is mostly used by competitive strength athletes, and is about 2 inches below that. This decreases the length of the lever (your torso) for the movement, producing a more efficient lift. This means you can squat more weight (or do more reps) because this movement saves you energy. Both will build muscle.

How is a normal deadlift different from a power-lifting one?

A deadlift should be executed in only one way: the right way. Powerlifting has just taken this lift and included it as part of the sport. Powerlifting "rules of the deadlift" just focus on correct execution, so whether you are deadlifting for strength, power or just gains in general, the lift should always be carried out in the same way. A conventional deadlift simply involves standing at a loaded bar with your feet roughly shoulder-width apart, and lifting it until complete hip and knee extension is achieved – the lockout. Get that right at a light weight before adding.

Why is there such hype around battle ropes? Do they really work?

I personally love battling ropes, despite the hype surrounding them. (I think adding in plyometric push-up cat rolls to switch lunge while blindfolded is going to give anything a dubious name.) Battle ropes are simple and effective when used practically. Incorporating them into your training at the right times, at the right intensity is going to do wonders for your level of conditioning. Battling ropes build strong lungs and a strong heart – what is most important for me is that they are low impact. The harder we train, the closer we get to the injury threshold, and I find battling ropes offer great resistance and little stress on joints for fatigued athletes. It's also versatile as a mid-workout component or as a finisher after a heavy workout.

What is the best progression for going heavier safely? Should I look for 5% increases or aim for more reps?

Nobody ever became strong in a hurry. So be more conservative. Ensure your form is spot on before loading that bar. A 200kg knee bend has less benefit than a 60kg squat with proper depth. Focus on your goals, and knuckle down for the long haul. I base each of my client's progression on their performance at weight: with the squat, for example, I look at mobility, technique, depth, speed and other technicalities that would effect their progression.

What are other squats I can use to improve my back squat?

To build a stronger and bigger squat, I would focus on assistance work, building a stronger posterior chain – with exercises such as good mornings, glute ham raises, hyperextensions and box squats. Alongside those, you also can't go wrong with heavy front squats and lunges to build stronger and bigger quads.

Follow Lil on Twitter and Instagram @Lil_Bianchi

THE *MH* FOREARM AND GRIP FORMULA

"With grip training, flash isn't functional," says Bianchi. "Grip training goes beyond using your gym towel to do pull ups, it's about as effective as eating cereal with a fork. Stick to the basics; nothing builds grip and forearm strength like heavy one-arm rows and farmers' walks."

THE GRIP AND RIP

MOVE One-Arm Rows
WHY High rep, heavy one-arm rows are the best deadlift grip exercise there is, as you're going to tax your gripping muscles more than squeezing a stress ball ever will and you'll build a beast of a back.

FOREARM FORTIFIER

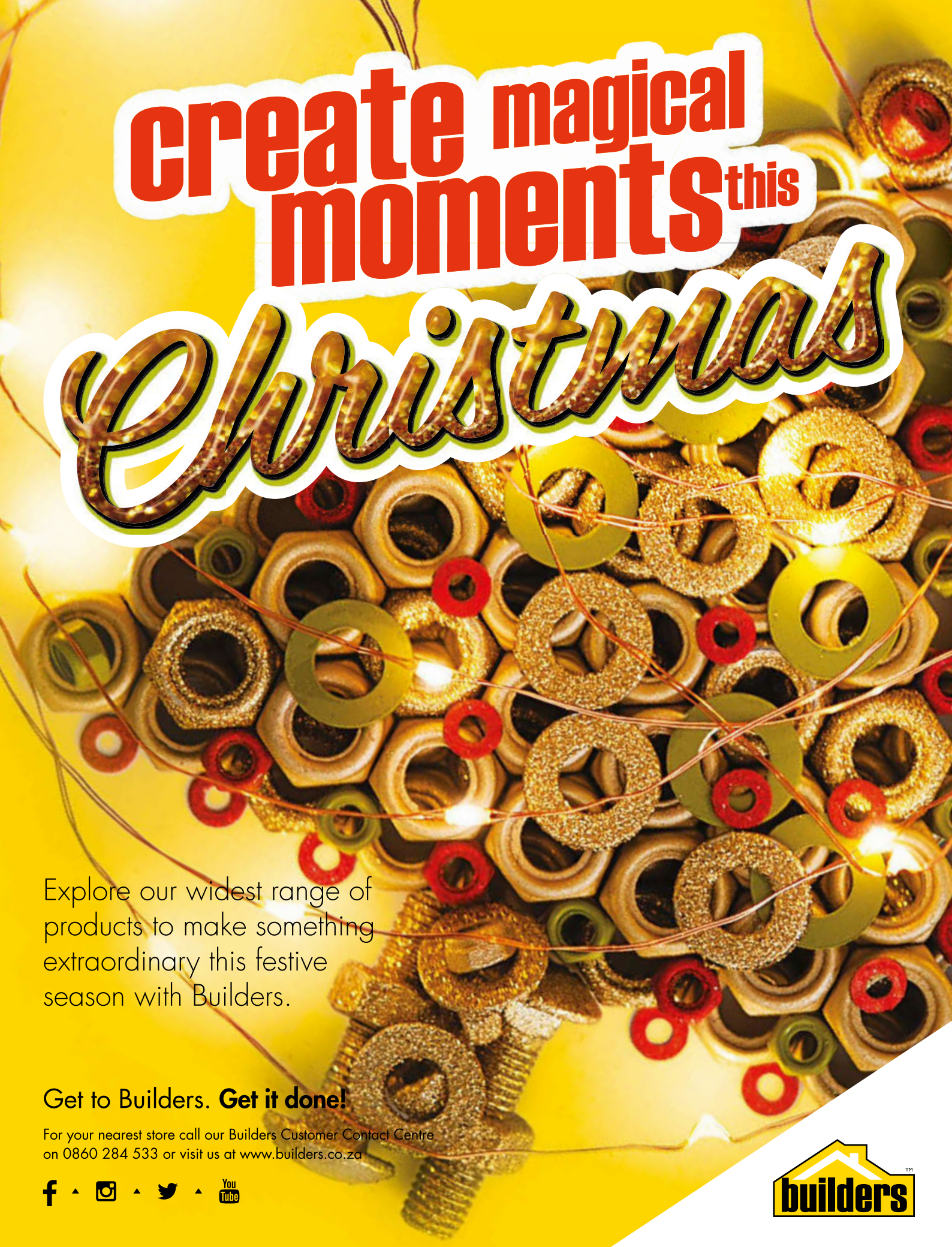
MOVE Farmers Walks
WHY They'll improve both your crush grip and your support grip. Crush grip is your primary grip between your fingers and your palm, like the one you use for shaking hands. Your support grip is more endurance focused. Strengthening this improves your ability to hold on to something for a while, like a pull-up bar – or carrying 10 grocery bags up 12 stairs.

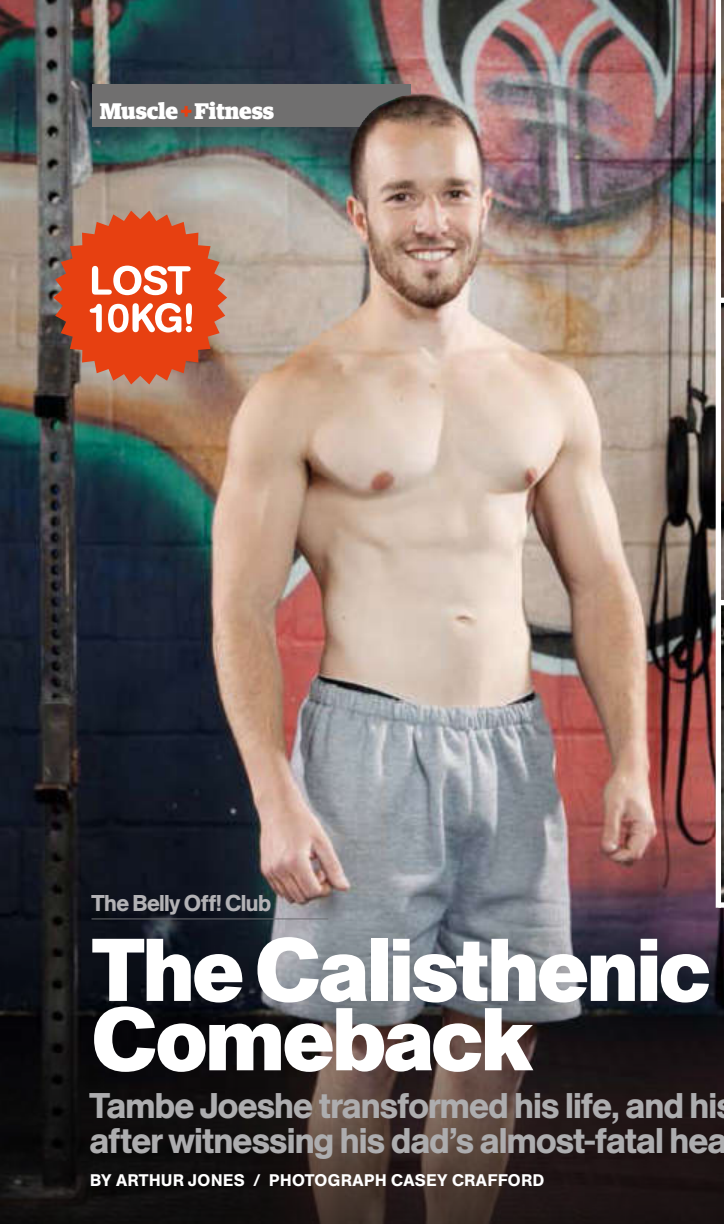
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The Belly Off! Club

The Calisthenic Comeback

Tambe Joeshe transformed his life, and his body, after witnessing his dad's almost-fatal heart attack

BY ARTHUR JONES / PHOTOGRAPH CASEY CRAFFORD



AGE
25

LOCATION
Lakeside, Cape Town

OCCUPATION
Personal Trainer and Calisthenics Instructor

HEIGHT
1.68m

WEIGHT BEFORE/AFTER
68g /58kg

TIME TO GOAL
4½ months

The Gain / Unfortunately, I've never been that naturally "lean" guy. I grew up as your **average mesomorph**[1] (which means I gain weight easily). I was stronger than most of my friends, but weight fluctuation had always been an issue for me – it was a constant yo-yo effect. Towards the end of 2014, I took a two-month holiday to visit family I hadn't seen in over 10 years. This lead to me being fed a lot of food that wasn't exactly what you would call healthy. The result: by the end of my holiday I was the heaviest I had ever been.

The Change / Towards the last week of my holiday, **my father had a heart attack in my arms**[2]. If it hadn't been for me being awake at 2am and the quick response from the emergency team, he probably wouldn't be here today. That single event made me think to myself, what is it that I want to achieve? What goals have I always had? You never know when it's your time to go. You might as well go for it as soon as possible. I wanted to be a sponsored Calisthenics athlete. I wanted to have the body, not just the strength. The next day I read and I read and I read. Once I had done all the research I needed to do, I formulated my game plan. The next step was to start the experiment and the training trials.

The Strategy / IIFYM (If It Fits Your Macros) or **Flexible Dieting**[3] was my experiment for March. Within the first week home, I bought a food scale so I could measure and track all my food. I had already calculated my set amount of macros (protein, fat and carbs) that I would have to eat to lose weight while I was on holiday so the next step was to put it into practice.

There was no issue with fitness as even though I was heavier than I'd ever been, I was still considered a strong calisthenics enthusiast and could do moves that most couldn't – food was my main enemy. I had spent the last four years trying diets that required no tracking at all. These were generally high protein and fat-based diets with very low carbohydrate levels (except for one cheat day per week). It hadn't worked for four years, why would it work now? That's why I changed my nutrition tactics.

The Reward / I competed at my first **calisthenics event**[4] and placed third in South Africa. I'm now a professional, sponsored athlete, which I'm extremely grateful for. For the first time in my life, I have abs, I have confidence in myself, so there's no more vest tans for me this coming summer. For once in my 25 years of living, I'm comfortable with being shirtless in front of others. The list of benefits goes on and on. The main one: I'm now happy with my body.

The Result / Under 5 months of IIFYM and flexible dieting, I'm 10kg down. I'm the strongest I've ever been as a calisthenics athlete – and this is all while still being able to have a pizza or 3 on the weekend and not having to stress about it. I can eat my bread, potatoes and whatever other carbs I want. There's no "fear" of any food group as long as I eat the food that I need to supply my body with. I call it stress-free weight loss, and it has been the reason for my comeback.

Men'sHealth
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4 LESSONS TO LEARN

1. The 3 main body types: ectomorph (hardgainers), endomorph and mesomorph.
2. IIFYM and flexible dieting doesn't mean you can only eat junk food. For more info, visit iifym.com
3. Some heart attack warning signs: chest discomfort, dizziness, irregular or rapid pulse, nausea.
4. Keen to try calisthenics? Watch Tambe's intro video at facebook.com/capecalict

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Trade Secrets

Jumpstart Your Game

Plyometrics aren't just for pro athletes and Olympians – use explosive footwork drills to get faster and stronger at everything

BY BEN CAMARA



1/ Go Hard and Fasted

Plyomteric movement burns a huge amount of energy in a short space of time, so it's the perfect workout for shifting any body fat that's slowing you down. Train on an empty stomach and it's even more effective at stripping fat – just limit your sessions to 25 to 30 minutes and make sure you eat within the hour.

2/ Test Your Metal

Review your programme after four weeks and add resistance wherever you've made significant progress. Hold a pair of dumbbells while performing your jumps, or strap on a speed chute or weighted sled when doing shuttle runs outside. A good investment is a weighted vest (from R550, rebelstore.co.za).

3/ Put the Boot On

If you're training for a particular sport, do your plyometrics in your match-day footwear whenever possible. Fully cushioned training shoes are well and good, but if you can't put your preparation to use in studs, it's a wasted effort. But be smart about it – you obviously aren't going to use studs on anything but grass.

4/ Supplement Smartly

You don't need muscle to perform box jumps, but you'll need to manage your recovery if you're going to make them a regular thing. Take BCAAs before and after training to speed up growth and reduce DOMS (Delayed Onset Muscle Soreness). Creatine has also been shown to increase explosive power.

5/ Do the Legwork

While explosive pull-ups count as plyometrics, your hamstrings and glutes are the powerhouse for the big jumps that improve performance. Single-leg squats train them to work unilaterally, while heavy back squats will build power. Just like any other kind of training, never skip leg day.

6/ Offload

Plyos are made up of eccentric and concentric phases. The first loads your muscles with energy; the second uses the stored energy to propel you. Stockpile extra force by slowing down on deadlifts: take 4 seconds to lower, then stand up as fast as possible. It ain't easy, but the rewards are worth it.

7/ Measure Success

On day one, the most important thing to remember is a pen. Record height and distance on your jumps and your speed. It won't just give you an ego boost in a month's time – the surprisingly significant increments along the way will also give you a psychological edge in every session.

8/ And the Rest...

To get the most out of plyometrics, put 100% into every rep. If your muscles are fatiguing, there is simply no point to any bounding around. Set aside a full 2 to 3 minutes between each set to stretch and bring down your resting heart rate before your next max effort. This ain't Tabata.

PHOTOGRAPH GREATSTOCK/CORBIS IMAGES

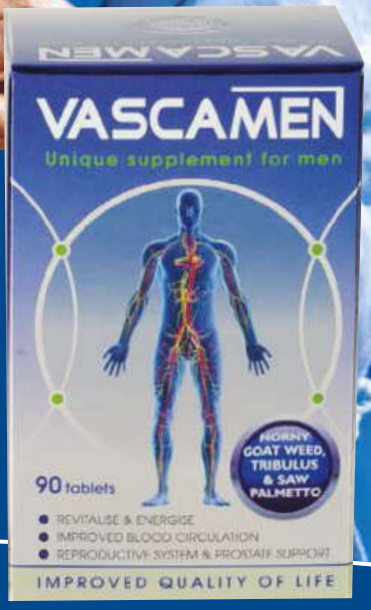
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THE MOVE OF THE MONTH

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We've updated this classic to fire your fast-twitch fibres and give you a full-body workout in just one move

BY CATHY BROWN · PHOTOGRAPHS CASEY CRAFFORD



1/ Prepare for Action
Get into a normal squat-thrust position: arms shoulder-width apart, hands on the floor with your legs tucked up to your chest. This is both your start and finish position.

2/ Build Your Six-Pack
Kick your legs back to a push-up position and lower yourself into a push-up straight away. Keeping your core tensed will chisel a six-pack and build your chest and arms.



3/ Boost Body Strength
Push up with your arms and kick your legs back to the starting position. Perform this as explosively as possible to engage your fast-twitch muscle fibres, which will increase functional strength and size.



4/ Increase Your Muscle Size
From here, thrust your body upwards, using your legs and core muscles to launch yourself from the ground. Jump as high as you can and attempt to get higher with each session. This will increase your lower body power as effectively as squats, and the exertion in your legs will flood your body with natural growth hormones, too. Do 3 sets of 20 reps.



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Terminate Your Weakness

Mr Olympia, *Conan*, *Commando*, Governor and *Terminator*: if you want muscle, this is your man

BY ARTHUR JONES

IT DOESN'T LOOK LIKE IT, BUT THIS MOUNTAIN OF MUSCLE IS NOW 68 YEARS OLD. In some countries he'd qualify for a pensioner's pass. But the truth is that Arnold Schwarzenegger still works harder than 90% of the population, and would put most of us to shame in the gym and on a bicycle. He still gets the most out of every rep, movie role, political rally and appearance at the Arnie Classic, the famous chain of fitness competitions that he started. Even though he's not on the stage competing anymore (he ended up with 7 Mr Olympia and 3 Mr Universe titles), he remains one of the biggest inspirations in the fitness world. You won't have to face the Predator or a T-3 000, but if you use some of his methods shown here, you'll build your own superhero version of yourself.

You'll Be Back. Stronger Than Ever

1/ Make yourself accountable by including others. Arnie does most of his training on his own, but he's always quick to train with fellow lifters, from his Gold's Gym days through to his on set workout routines. The trick? Choosing the partners that motivate you to work harder. In this case: hardhitting NFL monster JJ Watts.
2/ Let iron be your alarm clock. Conan finds time to lift, no matter where his movie schedule takes him, even if it needs to be way before sunrise, in a hotel gym. Muscle gains don't have a snooze button.
3/ Invest in your health. Next time you complain about how expensive your supplements are, add up all the money you spend on entertainment and non-essential extras. Do a health audit to save some cash for the stuff is helping you to get stronger and healthier.
4/ Time is the only true asset. Arnie values time so much that he's created his own watch brand.
5/ Use two wheels to travel. When the Governator visits new countries, he does all his exploring by bicycle. It's not only better at avoiding tourist traps, but it's also some cardio in fresh air.
6/ You are the sum of your friends. Find people with the same kind of passion and drive as you. They'll ignite you to work harder.
7/ Inspire others to lift their own limits. The Arnie Classic is a global chain of fitness events that pushes all its competitors to do more. Eddie Hall broke the deadlift record at the Arnie Classic in Australia. The weight: 462kg.
8/ Training doesn't require texting. Arnie says no to SMSing during workouts, and we agree. Put the phone away and pick up the metal.
9/ Don't be a one-trick pony. He may have made the majority of his muscle through incredible weightlifting, but he doesn't avoid cardio.As part of his routine, he cycles 16km to Gold's Venice Gym and then lifts for 45 minutes.

Muscle Beach Methods

10/ INVEST IN YOUR OWN BARBELL AND PLATES

46 years ago Arnie, entered the US, and the first thing he did was visit Muscle Beach in Venice. The so-called Weight Pen was the venue for heavy lifting, and became the mecca for all real muscle-makers. It was also one of the first outdoor gyms. The real lesson of Muscle Beach? You don't need air conditioning and an expensive membership to build a body that you can be proud of. Our recommendation: invest in a Bumper and Bar Combo from gymconcepts.com (R5 700) and build your own outdoor muscle station at home.

SHOULDERS OF STEEL

USE THE ARNOLD PRESS TO BUILD DANGEROUS DELTOIDS



You know that you've entered the fitness hall of fame when you start creating exercises and getting them named after you. It's like when someone discovers a new star or animal species. In this case, it's going to build shoulders that create the classic V-shape torso that Arnie made famous, and help you fill out your T-shirts. **Here's how:** hold two dumbbells under your chin, your forearms in front of your chest, palms facing you. Press the dumbbells up while rotating your elbows back, as if you're doing a normal shoulder press. At the top, your arms are extended straight up but your elbows aren't locked. Your palms should be facing forward. Don't go too heavy – you need to be able to control the movement.



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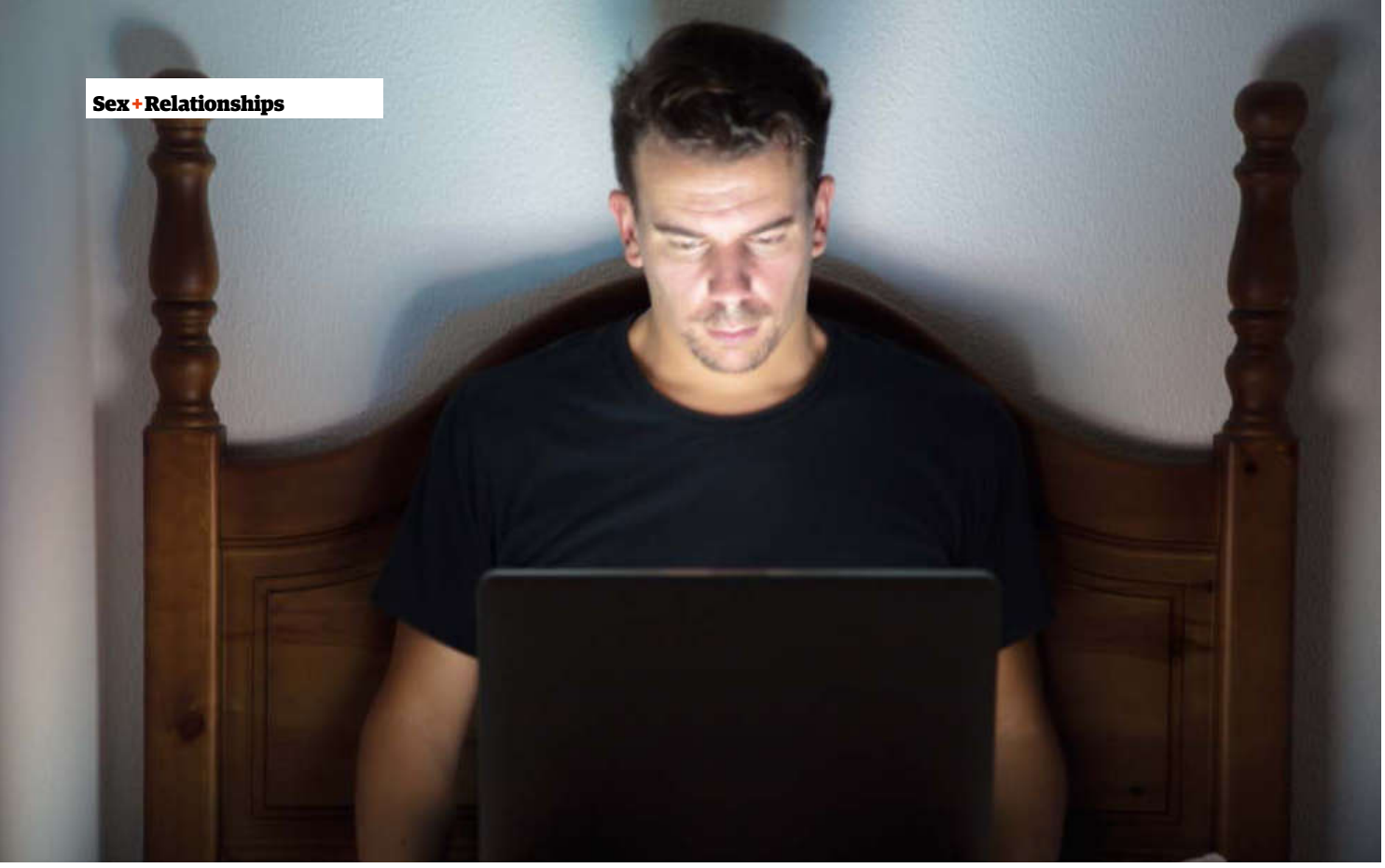
Sex + Relationships



Click, Click... Boom?

Cyber infidelity (a.k.a. cheating on your partner online) is the seductive new temptation for the always-on digital generation. Sexologist Dr Eve explores how it's changing the rules of the traditional relationship

BY MANDY MAY



IT SEEMS LIKE A GENERalisation to say we've all been there, but haven't we all? Your phone beeps or you receive a message alert, your heart skips a beat when you see the name on your screen. The message is signed with an X and you can't help but smile. Across from you, reading her iPad on the couch, your partner looks up. "Oh, who's that?" she asks, not for the first time, her attempt at nonchalance betrayed by the suspicion in her voice. "Just one of the guys from the office," you lie. She doesn't need to know about this little online flirtation. It's just harmless fun anyway, right?

Actually, it's what sexologist Dr Marlene Wasserman – known to most South Africans as Dr Eve – calls a "new form of deception".

'This is the new seduction," she writes in her new book, *Cyber Infidelity*. "Online, we're immersed a very real private cyberspace that allows you to split off from your real world and be in full control of an alluring and, perhaps, salacious world. You may not see this as infidelity because technology and new media have become the fabric of your everyday life."

Of the world's population, just over two billion people are online – and, between your smartphone, your desktop and your tablet, the Internet is becoming more accessible by the minute. "Your world is expanding because the opportunities for connecting online have increased your likelihood of developing deep and personal relationships with others, to the exclusion of your primary partner," Dr Eve continues. "This almost feels like your 'new normal' way of relating – so why, in goodness's name, is there such a fuss about a little chatting, flirting and sexting with known and unknown people online? Perhaps you even feel offended that sharing emotional experiences, time and dreams with someone online could be considered infidelity. In your head, infidelity is about sex. Sex is usually and universally considered to be penetration and an exchange of body fluids. So, if there's no penetration, you're not being unfaithful. That's old-fashioned, traditional thinking."

Dr Eve was granted unprecedented access to the database of ashleymadison.com (AM), an international dating site marketed at those already involved. Her research revealed more than just a reformatting of traditional relationships. We're clicking for unexpected reasons and in unexplored ways. We, both men and women, are finding a space in cyberspace where we're more sexually adventurous, uninhibited and more equitable. Call it sextech: that message signed with an X is more than just a collection of pixels on a screen; it may also carry consequences into real life.

Of the South African AM users Dr Eve polled, 76.3% revealed that using the site ultimately led to offline sexual activity. Still think it's just harmless fun?

Dr Eve's research explored how our digital habits are changing the reality of our relationships. She unpacks a few other misconceptions – and explains why being online presses all our sexual buttons.

Q Surely I don't have to divulge *all* of my online activity to my partner!

Dr Eve "Sextech contracts need to be made between couples with the differences between 'secrets' and 'privacy' agreed upon. Secrets cause harm. AM respondents believe they have a right to a private life, but they also found it difficult to know what their partners would define as cyber infidelity, and did not believe they were cheating – until they took things further offline. Of course you are online, but are you watching porn or chatting in a group while on a rugby site? If a contract is in place, then with integrity you know when you are crossing a line that both you and a partner would define as cheating. My book offers self-tests: this is always a great way to begin a conversation. You get a feel of each other's value systems on infidelity and marriage rules. Do it before you discover an online chat or WhatsApp message and your partner is surprised and hurt at your accusation of infidelity. She'll say, 'It's not that I'm having sex or anything.'"

THAT SECRET EMAIL IS MORE THAN JUST AS A COLLECTION OF PIXELS ON A SCREEN – IT MAY ALSO CARRY REAL CONSEQUENCES

PHOTOGRAPHS GALLO/GETTY IMAGES

What if we don't see things the same way? What's harmless for me might be hurtful to her.

Dr Eve "Like any aspect of your relationship, you keep talking about it until you both feel resolved, even if your points remain different. It may be a conversation that means you want to change the rules of your marriage, open up the marriage, watch porn privately, cyberflirt without any of it going offline, or that you will share your cyberchats. And then rules around monitoring devices also must be set and stuck to – you need to have privacy and you need to have trust that you will not violate fundamental relationship rules."

There are no major problems in my relationship, so cyber infidelity is not a risk, right?

Dr Eve "Cyber infidelity is a risk for anyone who has a smartphone – or any other digital device. In 'real life', infidelity is blamed on unsatisfying sex, an emotional disconnect, communication problems or feeling lonely or in a rut. My respondents on Ashley Madison told me a different story: both men and women are happy spending time with their partner, feel emotionally connected and don't want a divorce. The very nature of cyberspace puts you at risk. It is described as the 'AAA engine': affordable, accessible, anonymous. The ease and frequency of being online makes you vulnerable."

Swiping left or right is free and easy: no commitments, no consequences. Why should I stop and settle down?

Dr Eve "Indeed there is willingness to commit in the traditional manner. We commit to the moment. That's it. It's no longer about having a 'relationship'. Unfortunately, dating apps have caused people to become commoditised. People will meet and then move on quickly, still seeking connection. The add-on is a variety of new forms of relationship. These new relationships have no assumed rules, making it terribly difficult for people, as they actually have to talk about rules and expectations, even if it's a hook-up. Commitment has different meanings now – it may be to commit to an act or to a time period."

I've recently fallen for somebody that I met online.

Dr Eve "Falling in love – and lust – online happens quickly, as it is such a hyperpersonal space. You share more intimacies and can be both more emotional and more sexual with this person than with your own partner. Within four to 16 days, my AM respondents were meeting offline, wanting to make it more real. But the average time that these 'relationships' worked was only three months, so my advice is to give it time before you throw your significant relationship away. Go into couples therapy and work out kinks and then you'll know whether to leave or stay."

Is there still a place for monogamy, sexual fidelity and commitment?

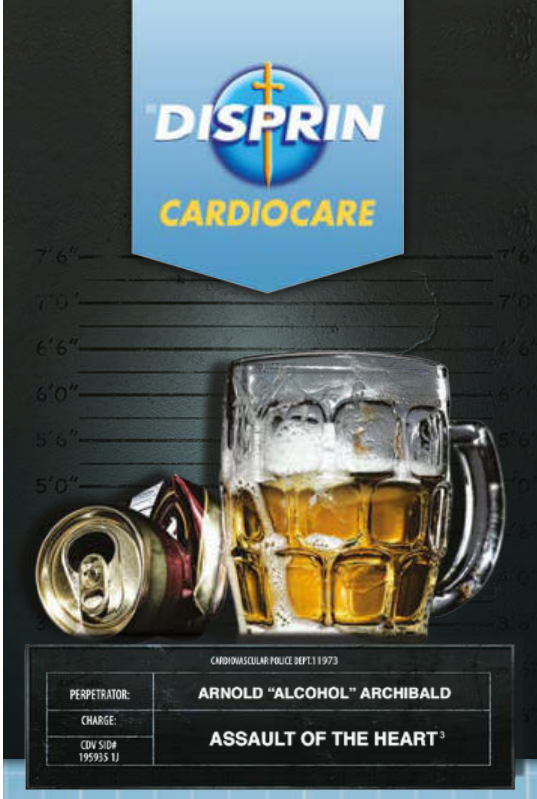
Dr Eve "I asked AM respondents about their values around these three pillars. They exist strongly, yet paradoxically, they're on a dating site for married people. Most strongly, men and women believe they can maintain commitment to both their online and offline attachments. These pillars are not going away. People still want them, in all their attachments. It's an evolutionary imperative. But people are now exploring a variety of attachments, and cyber infidelity is one of them. The idea that 'marriage' or 'relationship' as an ideal is fast fading. Many other forms of connecting are as valuable to people... increasingly so. It's giving us pause to think about our values and to construct sextech contracts with people in our intimate lives."

What's the disconnect: is that we're not getting enough out of our real life relationships, or that what's online seems to promise so much more?

Dr Eve "Online is liberating. All my AM respondents cited the impact of AM on their lives: higher self-esteem, more positive about the future, sexually more satisfied... It is not about feeling disconnected at home. Cyber infidelity is a new relationship trend that is a result of easy access to technology. When you're online you're happier, elevated, and this spills over into feeling the same in your significant relationship. However, it can be distracting and seductive, drawing you away from your 'real life' relationship. That's highly problematic. MH



Cyber Infidelity by Dr Marlene Wasserman, a.k.a. Dr Eve, published by Tafelberg (an imprint of NB Publishers), is available at book stores nationwide for R275.



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References: **1.** Hung J. Aspirin for cardiovascular disease prevention. *MJA* 2003; 179: 147-152. **2.** CHD: Coronary Heart Disease. **3.** Walker, Robin K, *et al.* The good, the bad and the ugly with alcohol use and abuse on the heart. *Alcohol Clin Exp Res.* 2013 Aug; 37(8): 1253–1260. Published online 2013 Mar 25. doi: 10.1111/acer.12109. SD Disprin Cardiocare. Reg No. 31/2.8/0071. Each tablet contains 100 mg Aspirin. Name and business address of the holder of the certificate of registration: Reckitt Benckiser Pharmaceuticals (Pty) Ltd., 8 Jet Park Road, Elandsfontein, 1601. For full prescribing information, refer to the package insert approved by the Medicines Regulatory Authority. Customer Care Line 0861 11 11 00. DIS 15/07-31.

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Food + Nutrition





You Don't Know Joe

With a few simple brewing tricks, you can build a better cup of coffee at home. The perk: drinking up can lead to a longer, healthier life

BY CLINT CARTER · PHOTOGRAPHS SAM KAPLAN

I DON'T BLAME MY parents. They did what everyone else was doing at the time. Back in the early 90s, when I was a kid, my parents used to concoct burning hot cups of sickly sweet, chicory-based coffee that smelled and looked like diesel. They'd scoop chunks of granulated powder from big, cheap tubs, mix in even bigger chunks of creamer, and zap it in the microwave. They didn't even try to pretend it was good. The stuff tasted like dishwater filtered through volcanic ash. It wasn't until I met my now-wife that I drank the cup that forever changed my coffee-drinking life. This epiphany-inducing beverage was handed to me by a tattooed, mohawked kid at Deluxe Coffeeworks in Cape Town.

It was beautiful; a brew with sweet, round flavours, as if it were made from a warm blackberry reduction. It was so good that I felt tingly nerve impulses relax my jaw muscles to let the hot nectar reach more of my mouth. This was a cup I'd never found at any of the big coffee franchises. Deluxe's secret: delicately roasted beans from small estates in South America and Central Africa, brewed in an exacting way. "The big roasters are primarily concerned with reproducibility," says Bill Ristenpart, an associate professor of chemical engineering. Most of the time, this means their beans lack subtle floral, citrus and berry flavours, he says.

How can you taste your own palate-altering cup? Read on and you'll discover how to build a brew that's way better than mass-market mud or coffeepot slop.

For most of the 20th century, coffee was considered a health menace. The bad rap primarily came from vague and wild claims dating back to the 1600s, says coffee historian Robert Thurston, senior editor of *Coffee: A Comprehensive Guide to the Bean, the Beverage and the Industry*. The little research that came out in the mid-1900s implicated the brew in a host of ills, including cancer and coronary artery disease. However, these studies were prone to flaws.

But now reams of research show that drinking a few cups of coffee a day may help you live longer. In the past three years, various studies have linked coffee consumption to a reduced risk of

Make the Best Coffee You'll Ever Drink

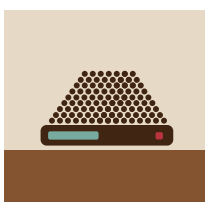
One taste and you'll boycott your barista



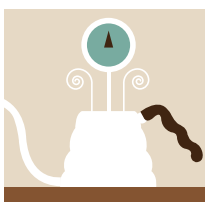
1/ Get Fresh
Choose coffee beans with roast dates (not "best by" dates) within the past two weeks. For mail-order beans, try beanthere.co.za.



2/ Use a Burr Grinder
Buy a manual Hario Skerton Manual Ceramic Burr coffee grinder (R699) or electric Russell Hobbs Coffee Bean Grinder Encore (R349, both yuppiechef.com).



3/ Count Your Beans
On a digital kitchen scale, weigh 25 grams whole beans and 350 grams water per mug. Grind them coarse for a plunger, and fine for a moka pot.



4/ Take Its Temp
Your brewing water temp should be 90° to 95°. Water boils at 100°, so boil a kettle, take it off the heat and let it sit for 30 seconds.



5/ Start the Bath
Set a cup with a dripper on the scale (Hario V60, R299, yuppiechef.com). Add a filter; rinse it with hot water. Dump the water, zero the scale and add the grounds.



6/ Watch It Bloom
Pour with a slow, circular motion until you add 25 to 50 grams of water. If the coffee's fresh, the bed of grounds will "puff" as if it's inhaling.



7/ Fill the Cup
Once the grounds settle back down, resaturate them until you've poured in all the water. The whole process takes 2½ to 3 minutes.



8/ Fine-Tune
Now sip your brew. If the coffee tastes bitter, try grinding your beans a bit coarser next time. Bland? Go with a finer setting on your grinder.

COLD COFFEE

Brew Once, Drink for a Week

The pros at Cove Coffee Co. on how (and why) to cold-brew your coffee

Cold-brewed coffee is naturally less acidic, as it doesn't touch any heat; it's also less bitter and bigger on flavour. Plus, it packs a caffeine punch, and you can put it in anything, from smoothies and shakes to jars, over ice. Forget that overpriced coffee shop; sealed properly, cold-brewed coffee will last up to a month.

Here's How

TWO THINGS ARE MOST IMPORTANT:

1/ Use coffee that is coarsely ground. Ask your barista to grind for a plunger.
2/ And use only spring or filtered water. Tap water just won't do.





We'd recommend making 1-litre batches at home, but the recipe can be scaled up. We also prefer using mason jars, but feel free to use any type of container that can be sealed.

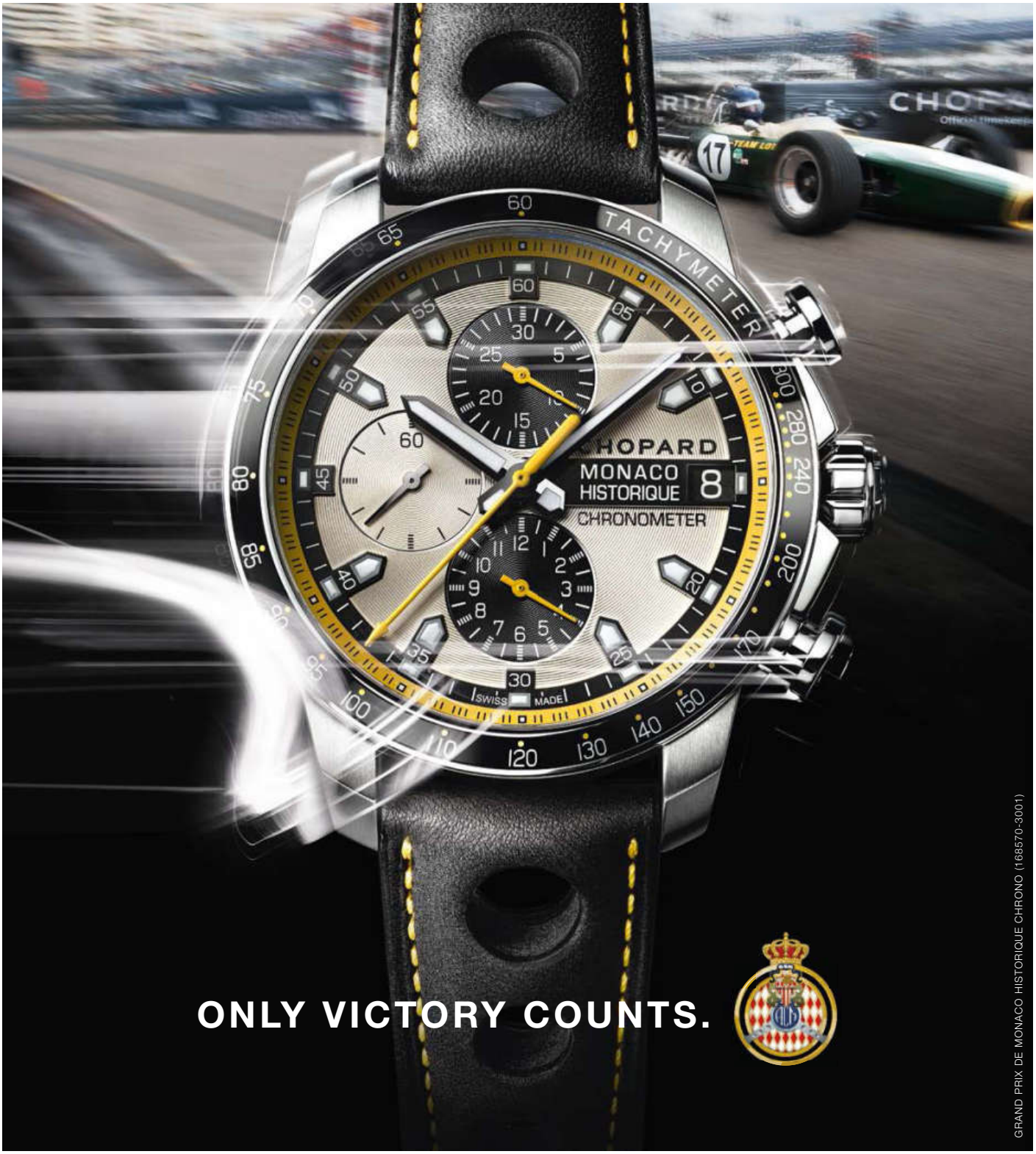
METHOD:

1/ Chuck between 60 and 90 grams of ground coffee into a jar with a litre of water. (You can play around with the ratio to suit your taste.)
2/ Then leave to soak for 12 to 24 hours. Again, length of time is up to your taste buds.
3/ Once your coffee has finished soaking, filter the liquid using a coffee filter or muslin cloth and serve over ice.



YOU CAN STORE YOUR BREW IN THE FRIDGE IN AN AIRTIGHT CONTAINER, FOR UP TO A MONTH OR AS LONG AS YOU NEED IT TO. LIKE ALL COFFEE, IT CAN BE BITTER ON ITS OWN, SO ADD MILK TO TASTE.

FOR COLD-BREW DRINK RECIPES, CHECK OUT COVECOFFEE.CO.ZA



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many cancers, including skin, mouth, colon, liver and prostate. In 2012, Boston researchers found that four cups a day could cut heart attack risk by 11%. In 2013, a Japanese study found that one cup of joe a day could cut stroke risk by 20%.

"Now coffee is beginning to sound like a wonder drug," says Thurston. "Alzheimer's, type 2 diabetes, colon cancer – there's evidence that it improves your odds with all those illnesses." These benefits may stem from coffee's potent antioxidants. Coffee has about two and a half times the polyphenol content of tea and about three times that of red wine, a 2010 study in the *European Journal of Clinical Nutrition* found. Plus, it has virtually zero kilojoules. Well, as long as you're not adding hefty glugs of half-and-half or spoonfuls of table sugar, let alone junking it up with flavoured syrups, "whips" and chemical-laden creamers.

If decaf's your drink, there's a downside: recent studies show that caffeine can fortify your nervous system. "Caffeine is good for cognition, preventing Parkinson's, and preventing the physiological cognitive decline that occurs with aging," says Astrid Nehlig, research director at the National Institute of Health and Medical Research in Paris. But doesn't a buzz also raise your blood pressure? Sure, Nehlig says, but only when you're taking in caffeine outside of coffee. Those polyphenols may help keep your BP in check. (Take that, energy drinks!)

The new coffee culture seems to have unintentionally aligned itself with the best of coffee's health benefits. For many years, Thurston says, coffee tasted terrible but was available in endless quantities. Now people are more discriminating. Also, light and medium roasts are becoming increasingly available; according to a 2011 *Food Chemistry* study, these retain more antioxidants than dark-roasted coffee. And the preferred brewing methods involve paper filters, which remove cafestol and kahweol, lipids that, according to emerging research, may increase blood cholesterol levels. But these nutritional benefits are just icing on the coffee cake. It's the flavour that's going to hook you. It hooked me.

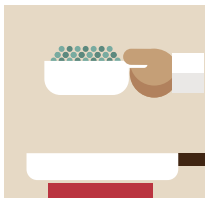
Ever since I tasted that first cup, I've been on a quest to re-create the experience. I've renounced mass-market beans, invested in moka pots and espresso machines and ceramic pour-over gadgets from Japan. I've even tried my hand at roasting coffee beans in my own kitchen.

Making (and drinking) barista-quality brew in your own kitchen is neither complicated nor particularly expensive. Kilo for kilo, fresh-roasted, small-batch coffee still costs less than chain java. And once I'd mastered the technique, it really didn't demand much of my time.

The ritual of brewing coffee has acquired a zenlike, ceremonial significance that went beyond simply pumping caffeine into my brain. I know I'm doing good for my body, my tastebuds and my overall tolerance of mornings. If you can cook a burger, you can make a great cup of coffee. So here's to health, and may you never drink bad coffee again. MH

GIVE YOUR BEANS SOME HEAT

ROASTING BEANS IS A SCIENCE, SAYS KATE NERO, TRAILBLAZER AT TRIBE COFFEE. SET ASIDE 45 MINUTES AND FOLLOW THIS PLAN



1/ Do the Prep
Preheat a large, dry, nonstick skillet over medium high and measure out ¾ cup beans. That'll give you enough to brew three or four cups. Oh, and turn on the vent fan. Beans smoke as they roast.



2/ Start Cooking
Pour the beans into the pan, reduce heat to medium, and keep stirring. After 6 to 8 minutes, the beans will start popping. Reduce the heat to low. For a medium roast, cook for another 2 to 4 minutes.



3/ Enter Cooldown
A medium roast will look golden brown. At this point, dump the beans into a second, room-temperature pan. Then keep stirring for 6 to 10 more minutes to speed cooling and stop the roasting process.



4/ Sit Tight
High levels of CO_2 in roasted coffee can interfere with flavour. To nix the effect, let the beans sit out 24 to 48 hours before brewing. Then store the beans in an airtight container. Use within 2 weeks.

BREW STATS

The Cold Data on Our Hot Coffee Habit

65%
of South Africans drink 2 to 3 cups of coffee a day. (80% said coffee is "vital" for their working day.)
Source: The Daily Buzz Coffee Workplace Survey

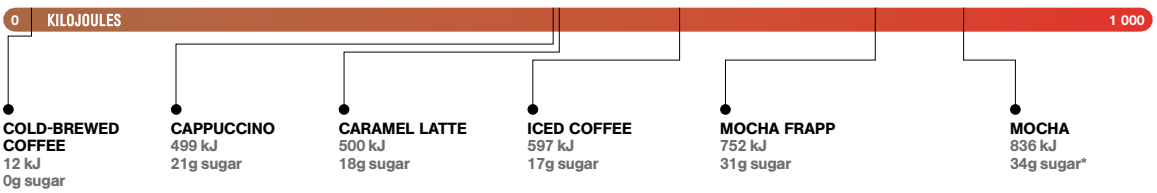
24 million
Cups of FairTrade (i.e. organic, sustainably farmed) coffee were sold in SA in 2014
Source: fairtrade.org.za

368 084
60kg bags of green coffee beans were imported in 2014
Source: International Coffee Organisation

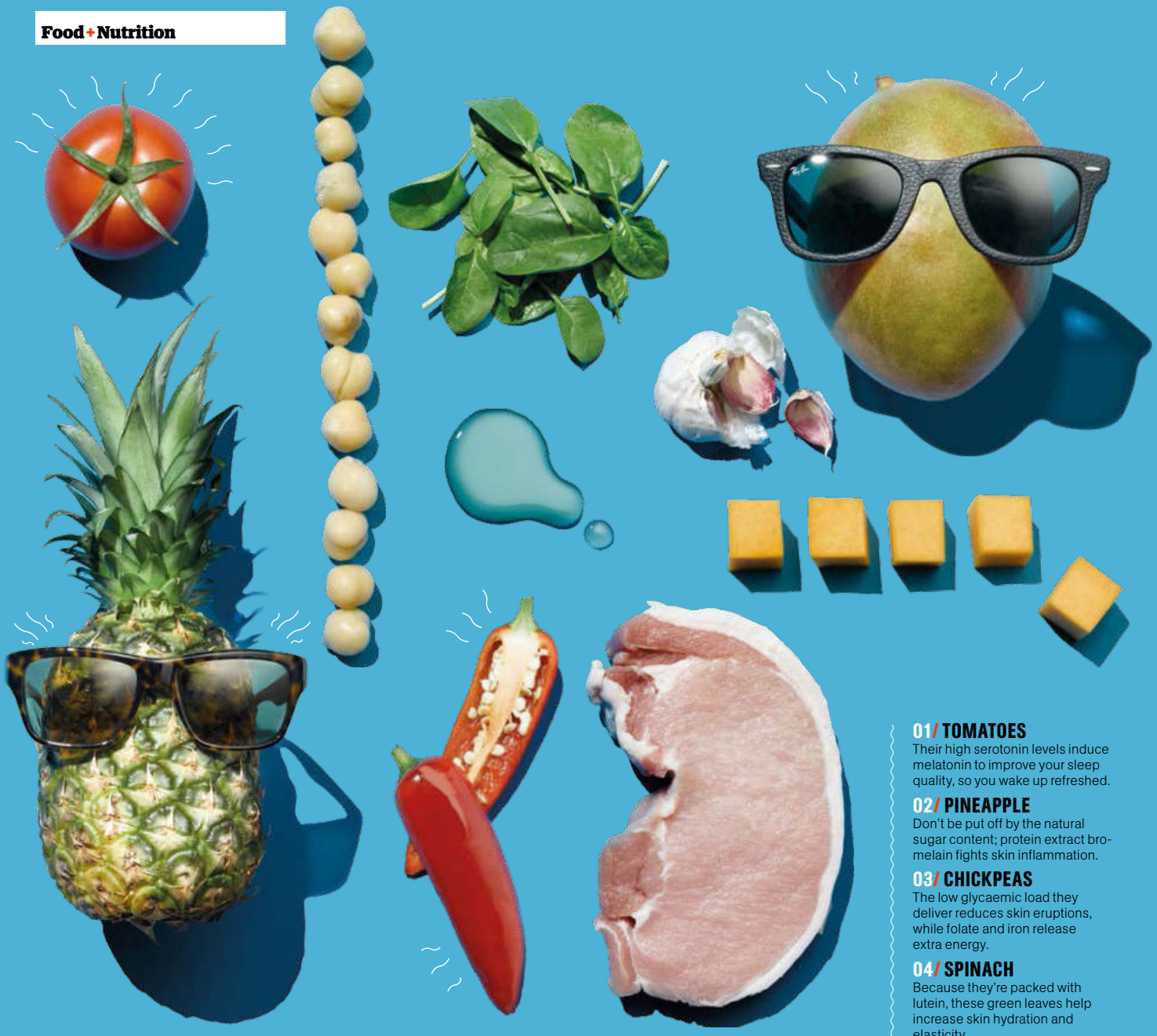
TRUTH
Cape Town's microroastery was voted the best coffee shop in the world by *The Telegraph*. Check them out at truthcoffee.com
Source: thetelegraph.co.uk

7 BAD BUZZES

Dodge That Sugar Bomb in a Bottle!



*BASED ON A 250G SERVING **ILLUSTRATIONS** DYLAN HOWE JONES



The Skin Doctors

You can work out all you like, but no matter how long you spend in the gym, looking good is all about what you eat

BY FLORENCE KNIGHT · PHOTOGRAPHS LOUISA PARRY

THE SUN MAY BE OUT AND SPRING BULBS BLOOMING, but chances are a glance in the mirror will reveal a face rooted firmly in midwinter. Cold, dark days and long, boozy nights wreak havoc on your complexion, and the onset of balmy weather can make you look like Nosferatu with a bout of dysentery. As with most things, exercise will help – research at McMaster University found that regular cardio will keep your skin looking younger – but your most effective makeover tool is your dinner plate. A diet high in vitamin C and linoleic acid is like moisturising from within, reducing signs of ageing and promoting an inner glow. (Trust us on this one: the *American Journal of Clinical Nutrition* found that when plann ing your meals, "higher intakes of vitamin C and linoleic acid and lower intakes of fats and carbohydrates" are associated with younger-looking skin.)

We sourced 10 of the best foods matching this profile and tasked Florence Knight, author of *One: A Cook and Her Cupboard*, with turning them into a sumptuous meal.

01/ TOMATOES
Their high serotonin levels induce melatonin to improve your sleep quality, so you wake up refreshed.

02/ PINEAPPLE
Don't be put off by the natural sugar content; protein extract bromelain fights skin inflammation.

03/ CHICKPEAS
The low glycaemic load they deliver reduces skin eruptions, while folate and iron release extra energy.

04/ SPINACH
Because they're packed with lutein, these green leaves help increase skin hydration and elasticity.

05/ OLIVE OIL
It's rich with vits A and E, which fight against free radicals, adding moisture and suppleness.

06/ CHILLIES
Around 100g of fresh chilli delivers 240% of your RDA of vit C to battle dry skin and brighten skin tone.

07/ MANGO
These tropical flavour bombs are full of folic acid, which is proven to improve the firmness of your skin.

08/ GARLIC
This pungent bulb contains allicin, which fights bacterial infections and keeps your face radiant.

09/ PUMPKIN
A source of beta-carotene, which is converted into vit A, pumpkin triggers fresh skin cell growth.

10/ PORK LOIN
A protein shake for your skin, pork is high in vit B1, which boosts your circulation for a better complexion.



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Pork loin & braised chickpeas

YOU'LL NEED

- **200G** CHICKPEAS
- **2** GARLIC CLOVES
- **1** BAY LEAF
- **2** SAGE LEAVES
- **3** SPRIGS OF ROSEMARY
- **1** ONION
- **1 CAN** PLUM TOMATOES
- **8-9** CHUNKS OF PUMPKIN, SLICED AND SKINNED
- **100ML** CHICKEN STOCK
- **100G** SPINACH
- **1** RED CHILLI, DICED
- **½** LEMON, ZEST AND JUICE
- **4** BONELESS PORK LOIN STEAKS
- **DRIZZLE** OLIVE OIL
- SALT AND BLACK PEPPER TO TASTE

THIS PACKS DOUBLE THE USUAL PROTEIN GAINS, WITH AMINO ACIDS TO BOOST YOUR MUSCLES AND NOURISH YOUR SKIN.

METHOD

❶ Soak chickpeas overnight in about 8cm of water "to soften the skins", says Knight.
❷ Next day heat the oven to 180°. Roast the pumpkin with olive oil and a pinch of salt for 30min.
❸ Boil the chickpeas for 10min, drain and set aside. Peel and finely chop the garlic and chilli, chop sage and rosemary. Stir into the chickpeas. Add the tomatoes and stock, cover the pot and place on medium heat to cook until the chickpeas are tender.
❹ Season the pork loin. Fry on medium heat in a little olive oil until lightly golden. Remove the steaks to rest, squeezing over a little lemon juice. Stir the pumpkin and spinach through the chickpeas, and serve with the steaks. ***Serves 2***

SWEET SKIN SAVER

Pineapple and mango sorbet

METHOD

❶ Peel and slice your pineapple and mango; put them aside.
❷ Pour the sugar and salt into a saucepan with the water. Once the sugar has dissolved, add the lemon zest and boil rapidly until it thickens.
❸ Throw your pineapple and mango fruit fusion into a processor. Top with the syrup and blitz into puree, with a generous squeeze of lemon juice.
❹ Allow to cool, pour into a container and freeze. "When half-frozen, after about three hours, tip the sorbet back into the processor and whizz it again to break up the ice, then freeze again. You may have to repeat this," says Knight. Once the ice is right, serve up and savour. ***Serves 4***

YOU'LL NEED

- **1** PINEAPPLE
- **1** MANGO
- **1** LEMON, ZEST AND JUICE
- **140G** SUGAR
- **500ML** WATER
- **125G** CASTER SUGAR
- **PINCH** OF SALT

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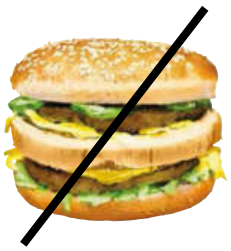
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Crush All Your Cravings

Your food fixation is likely a different desire in disguise. Don't cave! Fight back with these strategies instead

BY JULIE STEWART · PHOTOGRAPHS SAM KAPLAN

THE CRAVING		THE COUNTERMEASURE	
A MEATY, SAUCE-SLATHERED BIG MAC 	Did you frequent the Golden Arches with your high school friends or after acing your exams? Those fond memories are mixed with the food you ate, says neuroscientist Nicole Avena.	Order a different kind of nostalgia, and hold the kilojoules. **Check your high school bud's Facebook page,** or listen to your favourite band from school, Avena says. Even minor diversions can help you through the fast-food fixation.	
THE WHOLE BAG OF POTATO CHIPS 	Carbs, salt and fat are the Curly, Larry, and Moe of food: as a trio, they're trouble, stirring up chemicals that block your ability to stop feeding your face, says Nicole Giuliani, a psychology researcher at the University of Oregon.	Think: eating *this food is not in line with my goals.* You'll activate the brain regions responsible for resolving internal conflict, says Giuliani. Also **try snacking on dried mango strips and almonds** or kale roasted till crispy.	
A SUNDAE WITH CHOCOLATE FUDGE 	Sugar has the power to hijack your grey matter, says Avena. Her research has found that the white stuff may intensify your cravings for pleasure-producing chemicals, such as dopamine and opioids. It's a high you're after.	Smart swaps give you a fix without busting your gut. Lusting after fudge? **Have a square of dark chocolate.** Still hankering for the creaminess of the ice cream? **Eat Greek yoghurt** with a touch of honey.	
A HUGE, GREASY HANGOVER BREAKFAST 	You're thirsty, not hungry. Booze leads to dehydration, which makes you think you need sodium-laden diner fare. If you do eat more salt, you'll further your dehydration and plunge yourself into hangover hell, says Avena.	You need water and antioxidants to flush out alcohol's toxins. Fructose, a sugar found in fruit, helps metabolise alcohol, reports a Mount Sinai School of Medicine study review. So **make a fruit salad,** chug H_2O, and ponder your many mistakes.	

Want a meal with even more staying power? Toss all this with whole wheat pasta



THE FAST FOODIE

FASTER THAN A DEADLY DRIVE-THRU, WHIP UP A PILE OF PROTEIN AND LEAFY GREENS, PLUS A SPICY KICK IN THE PALATE

Spicy Sausage with Chicken and Kale

Heat a R2-size amount of olive oil in a griddle on medium. Add 100 grams loose pork sausage and 100g boneless, skinless chicken thighs, chopped. Cook, stirring, until the meats brown, about 3 minutes. Stir in 2 minced garlic cloves and a pinch each of red-pepper flakes and ground cumin. Add ½ cup reduced-sodium chicken broth and 1 cup chopped kale; cover and simmer until the greens wilt and the meats cook through, 5 to 7 minutes. Season to taste.
Makes 1 serving

– RECIPE BY JEREMY LIEB

PER SERVING
2 110 KJS, 40G PROTEIN, 13G CARBOHYDRATES (2 G FIBRE), 33G FAT

ILLUSTRATION MURPHY LIPPINCOTT

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- Contributes to a growth in muscle mass through protein
- Reduces the risk of joint & cartilage injury & supports recovery time after physical activity[3]
- Improves performance in sports and/or other recreational activities[2]
- Enhances hair strength and appearance[4]
- Contributes to the maintenance of skin elasticity & hydration[5]

Clinical Studies/References

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(2) Arquel-Porcell, P. Pujol-Amat, Study on the action of a nutritional supplement that focuses on joint pain produced by osteoarthritis or joint aging in a population who regularly performs low-intensity exercise, 1996.

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(4) Study of Food and Nutrition Research Department of New Jersey (1976)

(5) Sumada E, Hirota A et al., The effect of oral ingest of collagen peptide on skin hydration and biochemical data on blood, J. Nutri Food, 7.







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Style + Grooming

SHOT CLOCKS
BALLER WATCHES

These last-minute match winners have been created for the biggest players. It's time to lift your wrist game, and join the big leagues

BY LUKE KIRWAN AND ARTHUR JONES
PHOTOGRAPHS ROBIN SWITHINBANK
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01/THE INSIDE PASS
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04/POWER FORWARD
More commonly known as David Beckham's watch, this 46mm beauty is a reboot of the 1950s model, which was made for the first generation of jetsetters. Not just a pretty face, it can tell the time in 24 time zones simultaneously and boasts a ¼-of-a-second chronograph function and 70-hour power reserve.

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WEAR THESE TO CHANGE THE GAME

You need to be different to make the difference. Choose one of these stereotype-smashing game-changers and make your own rules

05/OVERTIME WIN
Even though Tudor is an established brand (and a sibling to Rolex), it's gaining a cult-like following thanks to its simple, powerful designs and leading calibres. This hybrid steel and ceramic masterpiece was crafted for the modern adventurer, and is built to withstand anything that you or nature can throw at it – and still look pristine.

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THE MH GUIDE TO VINTAGE WATCHES

Classic watches stay stylish forever – and, if you search smartly, they can be cheaper than the latest models. Follow these rules to sidestep the fakes and find the real deal

01 Assess Your Wrist Level

IF YOU WANT TO BUY VINTAGE, YOU HAVE THREE OPTIONS. PROTECTING YOUR POCKET IS AS MUCH ABOUT LOCATION AS ANYTHING ELSE. ASSUME EVERYONE IS TRYING TO RIP YOU OFF UNTIL THEY PROVE OTHERWISE

REAL DEAL

By weeding out fakes and even giving warranties, dealers provide peace of mind. "Look for ones who have been around a long time," says Andrew Morgan, editor of *The Watch* magazine. Do some research on their reputation, both in conversation and online. Common sense is king: if it sounds too good to be true, it probably is.

HAMMER TIME

If you have the time and the savvy, bag a bargain at an auction. But they're not for beginners. "Watches are sold as-seen," says Laura Warrilow, head of pre-owned at Watches of Switzerland. Which means if you buy a dud, you're stuck with it. Even better, enquire at the big watch chain stores if (and when) they offer clearance sales.

WEB BROWSER

"Unless you're really knowledgeable, eBay is a dangerzone," says Austin Kaye, Martin Arnold owner. Chrono24.com hosts watches from thousands of international dealers so it's ideal for finding particular models, but for the money you'll be spending, nothing beats buying from a respected dealer.

02 PLAY THE WAITING GAME

Andrew Morgan recommends four iconic models that are guaranteed to appreciate even further – the hardest part will be finding these timely investments



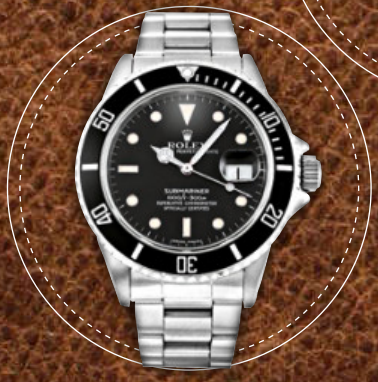
TUDOR SUBMARINER 94110

Rolex's sister company is having a global resurgence, which has caused a flurry of interest in originals. This Submariner with its "snowflake" hands will keep gaining fans (and value) in the future. ***tudorwatch.com***



BREITLING NAVITIMER 806

Designed by pilots, for pilots, the Navitimer took Breitling's calculator bezel and made history with it. Their value is climbing quicker than a jet plane. ***breitling.com***



ROLEX SUBMARINER 168000

This started the trend of superior steel used in following Submariners, and very few surface today. Scarcity = value. ***rolex.com***



TAGHEUER CARRERA 1153S

Derivatives of the original race-ready Calibre 11 Heuer Carrera like this are relatively well-priced, but increasing interest in classic watches is slowly driving prices higher. ***tagheuer.com***

MAIN PHOTOGRAPHS HEARSTSTUDIOS.CO.UK **ILLUSTRATIONS** DAVE HOPKINS AT PHOSPHOR ART

03

KICK THE TYRES

You've unearthed a rare beauty. But don't take your prospective new purchase at face value. These are the troublesome details you should take extra time over

THE LOGO

Better-known brands hold their value. Omegas, Rolexes, Breitlings and Tag Heuers will resell for close to what you paid, so are good for first-time buyers who might want to move on in a couple of years, says Morgan.

THE DIAL

Dodgy dealers will add rare dials to common watches to inflate their value, Morgan warns. Find an original image, then compare the font, number positioning and colouring; a 60-year-old dial should look worn.



OMEGA SEAMASTER 200M SHOM 166.0177

HANDS AND CROWN

Manufacturers will often replace these parts when they're servicing watches if they deem them too worn. "That can knock thousands off the value," says Warrilow. Ask for a working order service only.

THE MOVEMENT

Like old cars, vintage watches need servicing – but most manufacturers won't touch ones over 25 years old, Warrilow says. A brand-certified servicer like Watches of Switzerland makes discontinued parts.

LUGS AND BEZEL

Knocks to the case could indicate a watch was dropped, Warrilow says. Which could indicate major internal damage. Unless you can ask a watchmaker to check the movement carefully, best steer clear.

THE BOX

Ideally, your watch will come with original packing and receipt; if there are no papers, be very wary. "But if the manufacturer has serviced it, then its reputation is secured," says Morgan.

04

KEEP IT TICKING OVER

FOUND ONE? NOW HELP YOUR NEW (OLD) ACCESSORY LIVE LONGER WITH THE ADD-ONS BELOW



SPRING BAR TOOL

This is handy if the original strap is past its best or you just want to mix up your look. Just take care not to scratch the metal, which will lower the value, or let the spring bar ping across the room.



STRAPS

Straight replacements aside, black and brown options allow you to match your shoes. (Clasps last longer than buckles.) Besides, wearing the same strap every day is like keeping your gym shorts on at your desk.



WATCH ROLL

Travel cases made of hardy materials will help keep your watches safe from unexpected turbulence and baggage handlers – and from being flattened. Ask at your nearest watch store for options.

Good Times, Guaranteed

A great watch may be the ultimate wingman: it always makes you look good, and it never expects you to buy it a drink



Rotary Acquaspeed R8 500 luxco.co.za



Thomas Sabo Rebel at Heart R3 960 tregergroup.co.za



Seiko Solar Sportura R8 999 tregergroup.co.za



Michel Herbelin R13 250 luxco.co.za



Mondaine Stop 2 Go R7 999 watch-republic.co.za



Citizen Promaster Sea R5 499 cjr.co.za



Festina Tour de France R4 899 sbacher.co.za



Mondaine Helvetica R4 299 watch-republic.co.za



Fossil Wakefield R2 299 watch-republic.co.za



Citizen Eco Drive R2 999 cjr.co.za

Tempo R599 american-swiss.co.za





Buren R1 195 sbacher.co.za

Sterling R1 999 nwj.co.za



CONSERVATIVE — MIDDLE-OF-THE-ROAD

WHEN YOU BUCKLE A TRUSTWORTHY TIMEPIECE ONTO YOUR WRIST, YOU CAN'T HELP BUT WALK A LITTLE TALLER, SPEAK a bit more clearly and carry yourself with greater confidence. (Plus, you always show up on time.) These refinements send crucial messages to your colleagues – during increase season, no less. "The details convey whether you're the kind of guy who follows the crowd or blazes his own trail," says Eric Wind, a collector and writer for Hodinkee, an online watch magazine. Pick the side you'd rather be on – and the amount you're willing to plunk down – and then use our matrix below to start making every second count.



Armani Tazio R7 999
americanswiss.co.za



TW Steel Canteen Leather R6 950
luxco.co.za



Luminox SXC PC Carbon Space Series R7 499
tregergroup.co.za



Tissot T-touch Expert Solar
R12 500
Swatch Group
011 911 1200



Thomas Sabo Rebel at Heart
R7 580
treger-group.co.za



Calvin Klein Highline
R3 800
Swatch Group
011 911 1200



Diesel Stronghold
R3 899
watch-republic.co.za



Skagen Ancher
R2 799 watch-republic.co.za



Titan Chrono
R2 695 luxco.co.za



Timex Weekender
R999 treger-group.co.za



Swatch Sistem Cream
R1 835
Swatch Group
011 911 1200



Casio G-Shock
R2 399 sterns.co.za

$
$$
$$$
$$$$

WILD



This watch is solar powered and has a power reserve indicator, so you'll always know when to spend a few hours out in the sun with it. The anti-reflective coating means you'll never run over time too.

SEIKO SPORTURA SOLAR PERPETUAL CHRONOGRAPH WATCH R9 000 **TREGER BRANDS**

This shirt stays wrinkle-free, which is great for Monday mornings – you'll arive looking crisp and sharp for your first meeting.

NON-IRON SHIRT R1 000 **BANANA REPUBLIC AT STUTTAFORDS**
KNITTED TIE R900 **TOMMY HILFIGER AT STUTTAFORDS**
TIE PIN R120 **NIC HARRY**
BACKPACK R489 **RIVER ISLAND**

With 100% elasticity, these jeans are as good for running around the soccer field as they are for wearing to the pub. They won't sag, even after years of wear and tear.

HYPERFLEX JEANS R3 600 **REPLAY**

These NBs are built to slip on and sport the same silhouette we all love. Wear them with rolled up jeans or chinos, with or without socks.

NEW BALANCE COMMUTER PACK SNEAKERS R1 600 **SHELFLIFE**

GRIND HEADPHONES R800 **SKULLCANDY AT LUKSBRANDS**
BAMBOO SOCKS R200 **NIC HARRY**

GETTING DRESSED IN SUMMER doesn't involve much thought - the less fabric, the better, as the cooler you'll be. But with the rise of wicking and breathable fabrics, these days you can rock a suit and still feel the breeze. They're mostly used in exercise gear, but it makes sense that these materials would make their way into casual and formalwear. This is where style meets performance.

Boost Your Style IQ

Fashion has caught up with technology and it hasn't broken a sweat. These threads will make sure you don't either

BY AZEEZ JACOBS · PHOTOGRAPHS JEAN PIERRE FOURIE

WICKING
BREATHABLE

INTO THE BLUE

Summer – when the days are long, the beer is colder and the nights are warmest

You'll feel like the summer holidays are just around the corner with this beautiful seaside-inspired story. Gingham shirts, both long- and short-sleeve are key. Pair with white or black shorts belted shorts and you're good to go.





1
WESTERN SHIRT
R749.95
LUCKY BRAND



2
LEOPARD BROWN SUNGLASSES
R399.00
RIVER ISLAND



3
BELTED SHORTS
R349.95
STONE HARBOUR



4
WHITE SHIRT
R699.00
TM LEWIN



6
WORKWEAR SHIRT
R849.95
LUCKY BRAND



7
WHITE BELTED SHORTS
R349.95
STONE HARBOUR



8
BELTED SHORTS
R699.00
EXPRESS

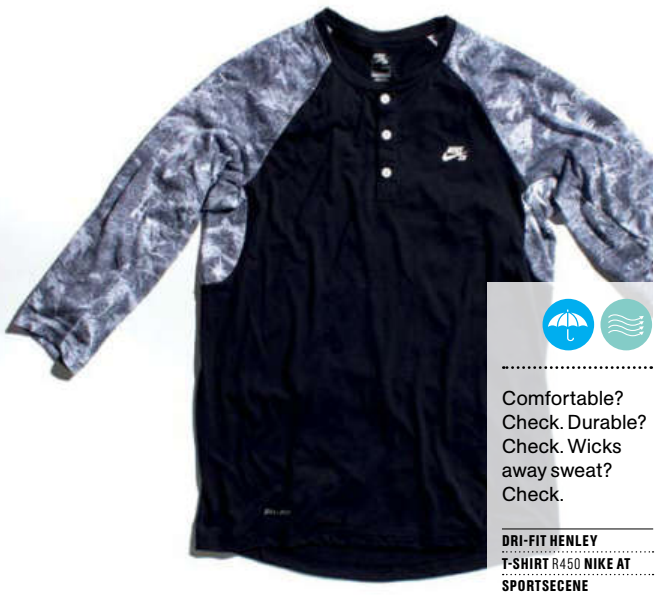


5
WHITE CANVAS ESPADRILLE
R549.95
DUNE LONDON



This shirt is built for ergonomic comfort, and the fabric stretches to make moving around easy.

WOVEN SHIRT
R1 125 **OAKLEY**



Comfortable? Check. Durable? Check. Wicks away sweat? Check.

DRI-FIT HENLEY
T-SHIRT R450 **NIKE AT SPORTSECENE**



If you're married to your sweatpants, you're probably wondering if you can rock them in summer. The answer: yes, thanks to Becks and H&M.

DAVID BECKHAM FOR H&M SWEATSHORTS
R349 **AT H&M**



FYI, there is underwear out there you can actually swim in. These jocks are fast-drying, made with long-life Lycra to protect your junk from chlorine and sea salt.

UNDERWEAR
R199 **JOCKEY AT EDGARS**



How Does Wicking Work?
Manufacturers use capillary fibres and proprietary treatments to create hydrophilic garments that absorb and propel sweat from the skin. Absorbant materials, like regular cotton, trap moisture, but wicking fabrics quickly channels it away, allowing sweat to evaporate.

Perfect for running or braving the rain on your daily commute, this lightweight jacket will keep you covered, dry and always looking good.

T-SHIRT R400
RIVER ISLAND
WINDBREAKER R1 000
NEW BALANCE



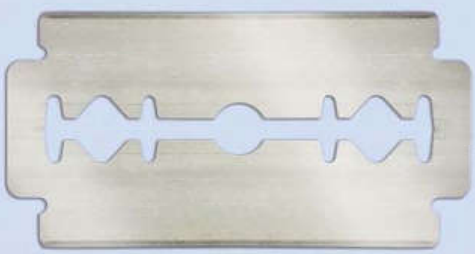
The front of this minimalist classic is vented, allowing air to circulate, so you can wear them all day.

CONVERSE JACK PURCELL SIGNATURE LEATHER SNEAKERS
R1 850 **STUTTAFORDS**

FASHION ASSISTANT TANYA NORTJE **WORDS** BUNTU NGCUKA
MODEL GUI AT BASE **GROOMING** SUAAD AT ONE LEAGUE

FCB CAPE TOWN I 0008885CTFE







THE LEAST PAINFUL WAY TO REMOVE BODY HAIR.

Removing that unwanted body hair doesn't have to be a painful experience.
Soft 'n Smooth is a hair removal product for men that's tough on hair,
but gentle on skin, ensuring that you stay smoother for longer.



Summer's here and body hair is bound to be a problem. Here's how to work (and shave) your way around it

LET'S BE HONEST, ONLY CHEWBACCA CAN PULL off the head-to-toe hairy look. And listen, you're not a Lumberjack either, so it's important to maintain your fur with a suitably thorough grooming routine. Unkempt hair can make you smell (and feel) dirty, and make you look a lot older too. But don't go overboard with the shaving cream and razor blades on every single nook and cranny – different body parts have different hair textures, while some areas are more sensitive than others and require special precautions. Fortunately, there are specific products and appropriate techniques for taming each and every kind of follicle. It's time to join us on the great manscape.



Eyebrows

Unless you're Burt from *Sesame Street*, there's absolutely no valid reason to have a unibrow. To get rid of it: use a tweezer to grab each hair as close to the root as possible and yank it out. Be sure to clean up around the brow to create and maintain its shape.



Nose and Ear Hair

Those whiskers you have coming out of your nostrils? Not a good look either. Keep them in line by using an ear and nose trimmer or nose hair scissors. Go for a pair with a round tip for safety.



Undercarriage

This area is usually best left to the hands of a pro. Going for a Brazilian isn't something we'd typically gun for, unless you don't mind the itch when the hair grows back. If you do, use tools like body groomers to keep the hair short and trim. Absolutely no razors around your crown jewels.

1/Nivea Men Crème *R40 Clicks*
2/Razorpit Razor Blade Sharpener *R289 Mitras Amenities*
3/Bic Flex5 *R50 Pick n Pay*
4/Phillips Body Groomer Series 1 000 *R399 takealot.com*





Back

There's no way of getting around back hair other than waxing. To prep, the professional may trim the hair down with scissors before applying wax and using strips. It might take a while, so if you don't have the time or pain threshold, ask for some help and use hair removal cream.



Buttocks

If you're getting your back done, you might as well do your butt too; that half-and-half look won't work. And yes, everything has to go, crack included. Having little or no hair there will also minimise sweat and odour. And don't forget to maintain after shaving.



Armpits

To avoid looking like you have a head growing under your arm, trim your pit hair with a pair of scissors and keep it as short as possible – you'll have less odour-causing bacteria that way. If you want it all clean, use a razor or groomer in the shower. Shave again when necessary.

5/Safeway Men's Battery-Operated Personal Trimmer *R129 Clicks*
6/Tweezerman Gear Facial Scissors *R278 Dis-Chem*
7/Tweezerman Gear Slant Tweezer *R259 Dis-Chem*
8/Soft n Smooth *R36 Clicks*

PHOTOGRAPHS JAMES GARATHY WORDS BUNTU NGCUKA

STOCKISTS

CLICKS 0860 254 257
DIS-CHEM PHARMACY 0860 347 243
EDGARS 0860 692 274
H&M 021 826 7300
LUKSBRANDS 021 262 0399
NEW BALANCE 021 705 6224
NICHARRY nicharry.com
OAKLEY 0861 486 100
REPLAY 021 418 8507
RIVER ISLAND 021 555 3691
SHELFLIFE 021 422 3931
SPORTSCENE 0860 576 576
STUTTAFORDS 011 879 1000
TAKEALOT.COM 087 820 5058
TREGER BRANDS 011 089 6000


YOUR QUIZMASTER
JANINE THOMAS
MODEL, ACTRESS



QUESTION

What's Your Man Score?

ANSWER

THAT DEPENDS ON HOW YOU DO ON THE FOLLOWING 45 QUESTIONS. IF YOU THINK YOU'RE MANLIER THAN THE AVERAGE JOE, PROVE IT.

► EDITED BY CLINT CARTER & ROSS AFRICA

► PHOTOGRAPHS BY CAMERON McDONALD

► P116

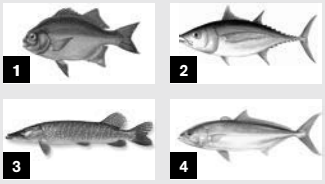

"A REAL OUTDOOR KINDA GUY IS THE ULTIMATE CATCH – THE DIRTIER HE GETS, THE MORE FUN I HAVE."

NO MARKS IN THIS AREA

SUBJECT | YOUR SCORE

Sports

01 You caught four fish! Now name them.



[A] Galjoen
[B] Snoek
[C] Yellowtail
[D] Longfin Tuna

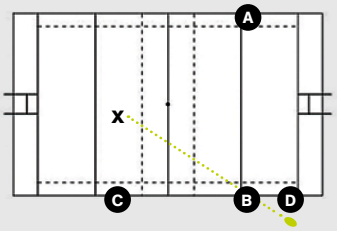
02. Which team did Victor Matfield not play for?
[A] Blue Bulls
[B] Toulon
[C] Leicester Tigers
[D] Griquas

03. Who holds the record for the fastest South African to reach 100 wickets in Test Cricket?
[A] Shaun Pollock
[B] Allan Donald
[C] Makhaya Ntini
[D] Jacques Kallis
[E] Dale Steyn

04. Only one of the following moves is legal in a regulated EFC fight. Which is it?
[A] Head-butt
[B] Heel to the kidney
[C] Chokehold
[D] Groin shot
[E] Verbal insults

05. Which of the following terms is meaningless in golf?
[A] Birdie
[B] Eagle
[C] Turkey
[D] Albatross

06 In open play, where would the lineout be if you kick the ball to touch from Point X?



SUBJECT | YOUR SCORE

Food

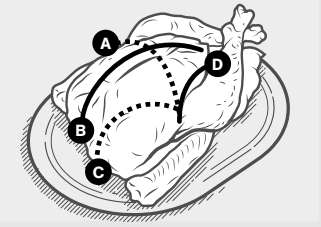
07. The waiter hands you a wine cork. What do you do?
[A] Inspect it
[B] Sniff it
[C] Chew it
[D] Pocket it

08. How many ingredients are in lager beer, according to the German Purity Law?
[A] 2
[B] 4
[C] 6
[D] 8

09. Which of these do you shake rather than stir?
[A] Martini
[B] Gin fizz
[C] Margarita
[D] Old-fashioned
[E] Moscow mule
[F] Negroni

10. Which of these worthless items is in your kitchen?
[] Garlic press
[] Motor-operated wine bottle opener
[] Apple corer
[] Margarita machine

11 Which is the proper first cut?



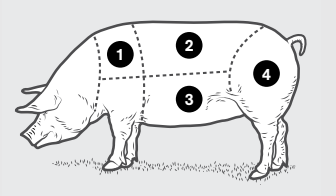
12. Which has the most protein?
[A] Three large eggs
[B] Serving of Greek yoghurt (150g)
[C] A grilled filet mignon (115g)
[D] A scoop of whey protein powder

13. Which of these essential tools is in your kitchen?
[] Cast-iron griddle pan
[] Chef's knife, 20cm or longer
[] Good bottle of whiskey
[] Digital probe meat thermometer

14. Pair each spirit in the left column to its primary ingredient in the right column.

[1] Bourbon	[A] Malted barley
[2] Rye	[B] Corn
[3] Scotch	[C] Sugarcane
[4] Cognac	[D] Rye
[5] Rum	[E] Grapes
[6] Tequila	[F] Agave
[7] Cachaça	[G] Molasses

15 Match the cut to the diagram.



[A] Bacon
[B] Butt
[C] Chops
[D] Ham

STYLING DAVID LEROUW LASCARAIN HAIR & MAKEUP MELISSA VAN ZYL ILLUSTRATIONS +ISM

IMPROVE YOUR MAN SCORE

1 CATCH MORE FISH
Greg Schwipps, coauthor of *Fishing for Dummies*, suggests researching which bugs are hatching; then choose similar-looking artificial flies.

4 WHY WATCH A FIGHT?
Watching others work hard can spike your heart rate almost like exercise, say University of Western Sydney scientists.

6 YOUR LINEOUT PRIMER
If you are behind your own 22-metre line and kick it to touch, the ball is brought back in at the point it crosses the line. But if you kick it directly into touch when you are ahead of your 22, the ball comes back in from where it was kicked.

7 VINO PATROL
Look for a wet stain, says Caitlin Speers, beverage director at Sbraga Dining. A dry or crumbled cork indicates improper storage. Send it back.

9 BOND WAS WRONG
Shake a drink made with a thick liquid like juice or cream, but stir if it's pure liquor, says Micaela Piccolo, head barkeep at Distilled in New York.

11 RESPECT THE LEGS
Make first cuts into the skin of hip joints so you can pop off each leg cleanly.

ANSWER KEY

1. 1-A, 2-D, 3-B, 4-C [+1 EA.] **2.** C **3.** D **4.** C **5.** E **6.** C **7.** A **8.** B **9.** B, C, E [+1 EA.] **10.** [−1 EA.] **11.** D **12.** C **13.** [+1 EA.] **14.** 1-B, 2-D, 3-A, 4-E, 5-G, 6-F, 7-C [+1 EA.] **15.** 1-B, 2-C, 3-A, 4-D [+1 EA.]

IMPROVE YOUR MAN SCORE

17 RAPPER'S DELIGHT
Bass-heavy music can help you act more assertively, according to Northwestern University research. Try dropping a beat before your next job review.

19 ROM-COM THERAPY
Watching lovey flicks with your partner and discussing the relationship themes is associated with lower divorce rates, suggests UCLA research.

22 BOOK BRAINS
Readers of literary fiction understand and relate to others better than those who read nonfiction or popular fiction, a study in the journal *Science* reveals.

25 THE DO-IT-ALL TIE
The half Windsor is the most versatile of tie knots, says Ashley Weston, a celebrity menswear stylist. It's appropriate for almost any collar or body type.

28 MIND THE STUBBLE
Go with the grain of your facial hair; going against it can cause inflammation, says Douglas Altchek, founder of a global skincare line.

SUBJECT | YOUR SCORE

Culture

16. Which guy has been married the most times?
[A] Larry King
[B] Billy Bob Thornton
[C] Donald Trump
[D] Steve Hofmeyr

17. Which rapper has gone by the most stage names?
[A] Snoop
[B] Dre
[C] Fiddy
[D] Bow Wow
[E] Jeezy
[F] Weezy

18. Who wrote the song, "Tubthumping"?
[A] Greg Allman
[B] ABBA
[C] Chumbawamba
[D] The Rolling Stones
[E] Aqua

19. The line "I'll have what she's having" comes from which classic rom-com?
[A] *Sleepless in Seattle*
[B] *Something's Gotta Give*
[C] *When Harry Met Sally*
[D] *The Wedding Singer*
[E] *Pretty Woman*

20 Match each Bond to his Aston Martin.



[A] Sean Connery
[B] Daniel Craig
[C] Pierce Brosnan
[D] Timothy Dalton

21. Which of these guys did not die in their twenties?
[A] James Dean
[B] Billy the Kid
[C] Kurt Cobain
[D] Ryan Dunn
[E] Jimmi Hendrix
[F] River Phoenix

22. Neal Cassady inspired a character in which book?
[A] *The Road*
[B] *On the Road*
[C] *Fear and Loathing in Las Vegas*

23. Which three are villains?
[A] Hans Gruber
[B] Han Solo
[C] Morpheus
[D] Ellen Ripley
[E] Bane
[F] Buffalo Bill

24 Match the moustache to the man.

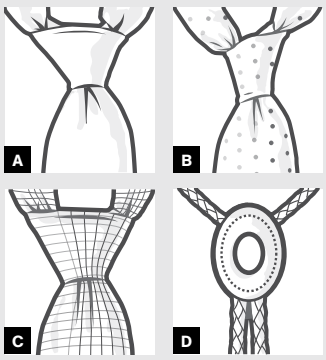


[A] Tom Selleck
[B] Clark Gable
[C] Sam Elliott
[D] Hulk Hogan
[E] Groucho Marx
[F] Salvador Dalí

SUBJECT | YOUR SCORE

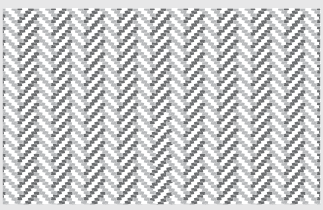
Style

25 Which of these knots is a half Windsor?

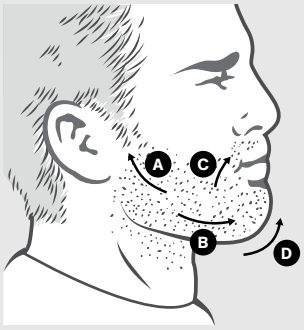


26. Which of these acids won't improve your skin?
[A] Salicylic
[B] Glycolic
[C] Phosphoric
[D] Amino

27 What the hell is this pattern?



28 Which is the best first pass for a clean-shaven mug?



ANSWER KEY

16. A (8 TIMES!) **17.** A (SNOOP DOGGY DOG, SNOOP DOGG AND SNOOP LION) **18.** C **19.** C [+2] **20.** 1-A, 2-C, 3-D, 4-B [+1 EA.] **21.** A, D, AND E [+1 EA.] **22.** B **23.** A, E AND F [+2 EA.] **24.** 1-C, 2-B, 3-D, 4-A, 5-E, 6-F [+1 EA.] **25.** A **26.** C (THE OTHERS ARE FOR A. ACNE, B. OILY SKIN AND D. WRINKLES) **27.** HERRINGBONE [+2] **28.** B [+2]


"I LOVE FACIAL HAIR ON A GUY. THERE'S NOTHING SEXIER THAN WHEN A MAN BRUSHES HIS FACE AGAINST YOURS AND ACTUALLY FEELS LIKE A MAN."

"A MAN WHO KNOWS HIS WAY AROUND AN ENGINE ***WILL ALWAYS MAKE ME FEEL TAKEN CARE OF*** IN AN OVER-HEATED SITUATION"

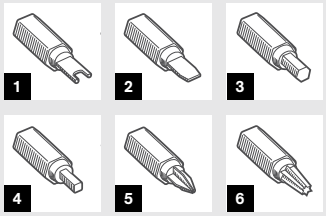


SUBJECT

Home Repair

YOUR SCORE

29 Name that screwdriver.



[A] Torx
[B] Flathead
[C] Robertson
[D] Phillips
[E] Allen
[F] Spanner

30. How many separate chainsaw cuts does it take to fell a tree?

[A] 1
[B] 2
[C] 3
[D] 4

31. Which home repair jobs can you do on your own?

[] Replace a light fixture
[] Patch a hole in drywall
[] Hang a flat-screen TV

32. Which home repair jobs *have* you done on your own?

[] Replaced a light fixture
[] Patched a hole in drywall
[] Hung a flat-screen TV

33. How often do you need to reapply sealer to a wood deck?

[A] Every three months
[B] Every six months
[C] Once a year

34 What type of hammer is this?



[A] Ball Pein
[B] Cross and Straight Pein
[C] Club Hammer
[D] Claw Hammer
[E] Cross Pein Pin Hammer

SIDEBAR ILLUSTRATIONS +ISM

30 CONTROL A FALLING TREE
Do two 45° cuts to take out a V-shaped wedge one quarter of the tree's depth. On the other side, do a 45° cut down to the point of the V. It'll fall away from you.

33 KEEP YOUR DECK HEALTHY
An oil-based sealant may promote mildew in soft wood, says Anthony Albino of City Decks. Epoxy options are better for pressure-treated decks.

ANSWER KEY

29. 1-F, 2-B, 3-E, 4-C, 5-D, 6-A [+1 EA.] **30.** C **31.** [+1 EACH] **32.** [+2 EA.] **33.** C [IT'S A ONE-POINT QUESTION, BUT GIVE YOURSELF ZERO IF YOU HAVEN'T SEALED YOUR DECK IN THE PAST YEAR] **34.** B

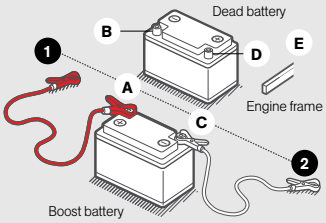
SUBJECT | YOUR SCORE

Cars

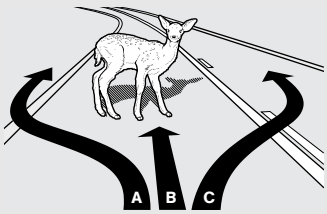
35. Which will you find on your car's driver-side door sticker?

[A] Suggested tyre pressure
[B] Suggested fuel type
[C] Suggested oil-change mileage

36 Where do these two cables connect?



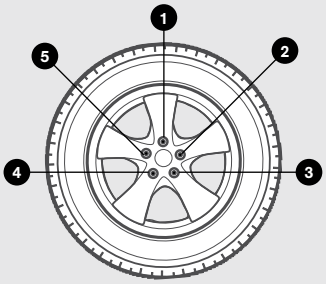
37 Buck in the road. What's your reaction?



38. You're stuck in traffic and your car is overheating. Your move?

[A] Crank the AC
[B] Crank the heater
[C] Run, fast
[D] Pour water on the engine

39 You've removed a flat tyre and are now putting on the spare. If you tighten nut #1 first, which one will you tighten last?



SUBJECT | YOUR SCORE

Women

40. You scored her number and want to see her again. You…

[A] SMS her immediately
[B] Call her tomorrow
[C] Follow the 48-hour rule, then call

41. Where do you put your cell phone on a date?

[A] In my pocket, ringer off
[B] On the table, facedown
[C] I leave it at home

42. It's 2015. Do you still pick up the bill on a first date?

[A] Yup, always
[B] Depends on who did the inviting
[C] Splitting is ideal

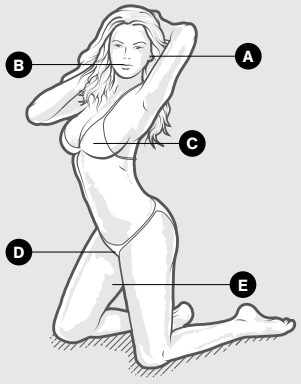
43. Which of these should not be used with latex condoms?

[A] Water-based lubrication, like K-Y Jelly or Liquid Silk
[B] Silicone-based lubrication, like Pjur or Überlube
[C] Oil-based lubrication, like Vaseline Jelly or baby oil

44. Which of the following is the ideal duration of intercourse?

[A] 5 minutes
[B] 10 minutes
[C] 20 minutes
[D] 30 minutes
[E] As long as I can last

45 Rank her erogenous zones by sensitivity.



IMPROVE YOUR MAN SCORE

36 AVOID A BLOWN BATTERY
Make the connections in this order: red cable to A; red cable to D; black cable to C; and lastly, black cable to an unpainted metal surface.

38 SAVE YOUR ENGINE
A car's heater draws heat from under the bonnet, says David Baur, owner of Humming Motors. So crank it up until you can safely pull over.

39 FOLLOW THE STAR
Tighten in a 1-3-5-2-4 pattern, by hand and then with a wrench, to prevent wobble and warped rotors, advises Vito Gerbino of The Tyre Place.

40 HE WHO WAITS…
You're not the only guy on her radar, pal. So you need to call before she can set up her next Tinder date, says Ali Binazir, author of *The Tao of Dating*.

43 STOP BURNING RUBBER
Oil-based lube breaks down latex. Either switch to another form of protection (like the female condom) or stick to a water- or silicone-based lubricant.

ANSWER KEY

35. A **36.** 1 TO D, 2 TO E [+2 EA.] **37.** B [+2] **38.** B **39.** 3 OR 4 [+2] **40.** B **41.** A **42.** A **43.** C **44.** B **45.** MOST TO LEAST: D, B, C, E, A [+1 EA.]

HOW DID YOU DO?

<60
New subscriber, huh? Well, keep reading this magazine and you'll soon be happier, healthier and manlier.

60–69
Technically a D is passing, so you don't have a damned thing to be ashamed of. (But you do have work to do.)

70–79
You're at the top of the bell curve and man enough to realise that the bell curve resembles a woman's breast.

80–89
Pour yourself a celebratory boilermaker, and then proudly post your manly score on all social media platforms.

90–100
You probably cheated. But if not, congratulations! Your man cred could put even Ron Swanson to shame.



—
By Michael Easter
—
Photographs by
Benjamin Lowy
—
Illustrations by
Andrew Colin Beck
—
Page 124



THINK BIG

INSIDE EVERY MAN'S BRAIN IS A VOICE TELLING HIM TO JUST GIVE UP. GYM JONES WANTS TO HELP YOU SHUT THAT VOICE UP. BECAUSE IN THAT SILENCE IS STRENGTH

The madness is about to begin.

Fifteen men stand against a wall in a 550-square-metre converted warehouse. They're anxious, and it shows in their unconscious movements: shifting feet, tapping fingers, darting eyes. The punk music blasting from overhead speakers adds an almost palpable intensity as Gym Jones's splendidly profane, superhero-size fitness director, Rob MacDonald, saunters up and down their ranks.

"You, 48. You, 54. You, 63," says MacDonald, jabbing a finger at three men in turn. "That's how many calories you have to burn – in one minute. If you don't make it, you'll keep trying until you fucking do."

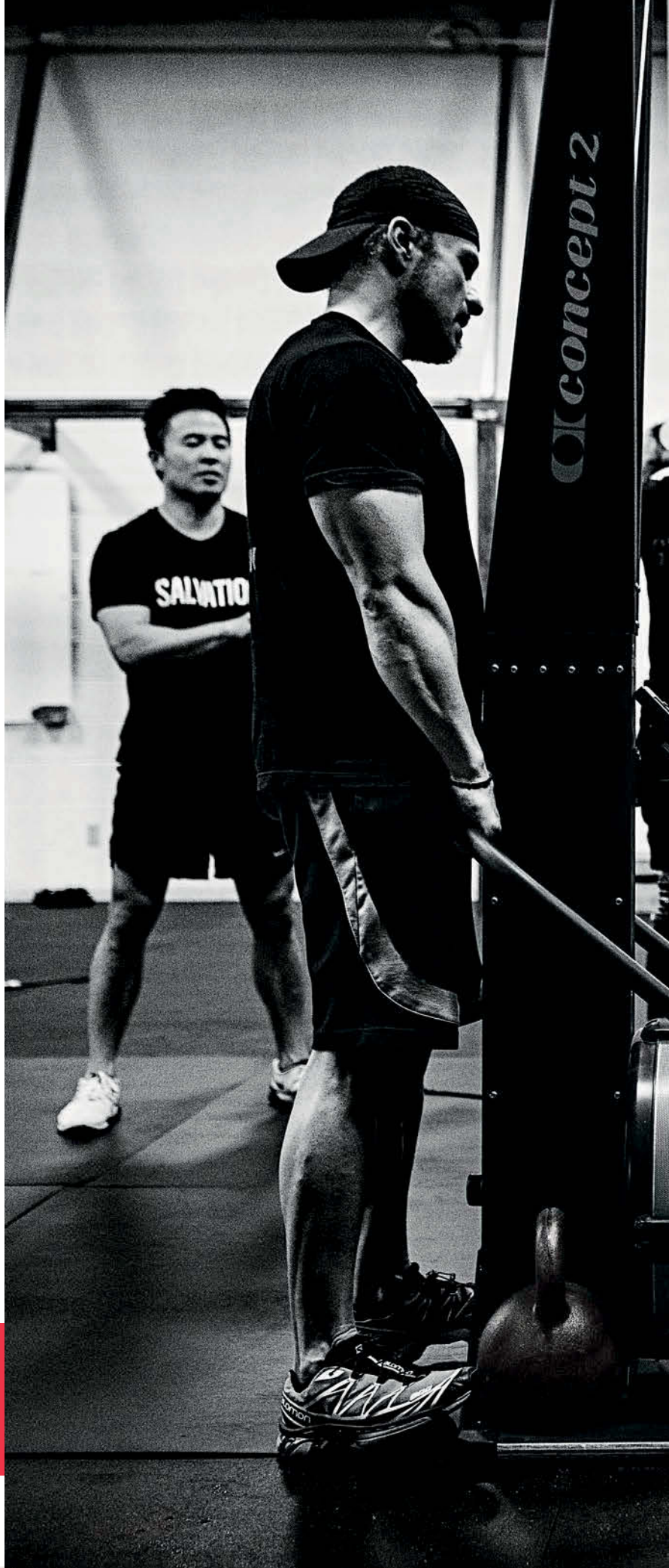
Muffled curses filter through the music as each man considers the immensity of his task. To reach his goal, which MacDonald has calculated using respective body size and fitness level, each man must give everything. Pain is a promise, suffering guaranteed.

The first victim saddles up on the AirDyne, a stationary bike with movable handles and a giant fan for a front wheel. It's a remarkably innocent-looking torture device; the harder you pedal, the harder pedalling becomes, thanks to the exponential nature of air resistance. MacDonald smiles diabolically. "Go!"

The man pedals like Mark Cavendish on bath salts – a blur of whirling, spinning, revolving legs and pushing, pulling, flailing arms. His grimace hardens and his breathing becomes increasingly frantic as each second ticks by. Then it's over. His minute is up and he's off the bike and on his back, gasping for air and jabbing at his quads. "Next!" shouts MacDonald.

One by one the men take the test, dropping to the floor or hobbling about on spasming legs when it's over. Some fail. A guy in his twenties who was assigned 48 calories finishes with 47. "The only thing that makes Rob happier than people hitting their mark is when they miss it by a single digit," says Mark Twight, Gym Jones's founder, who's known as much for sculpting some of Hollywood's most chiselled bodies as he is for eschewing the fame that comes with it. "He loves throwing them back into the fire."

As deranged as the AirDyne test may seem, it isn't an exercise in fitness sadism or a blitzkrieg attempt to build lung capacity. It isn't even designed to train the body. It's a sweaty baptism into Gym Jones's foremost principle: the mind is primary.



▶ **NOWHERE TO HIDE** Everyone at Gym Jones, including training director Rob MacDonald (right), takes fitness tests as the group looks on.



SALT LAKE CITY IS KNOWN FOR RELIGIOUS ZEAL, SO GYM Jones fits right in. Members are called disciples, and half-assed effort leads to excommunication. Many of the workouts – which range from crushing, hour-long circuits to vicious intervals on the rower or AirDyne – are insanely intense. "Each workout is designed to be a mental crucible, an exercise in the art of suffering," Twight says. "Through suffering, you discover your true potential."

Twight has practised what he preaches. A celebrated mountaineer, he forged his mind-first fitness dogma while setting alpine speed records and claiming a first ascent on a notoriously treacherous frozen waterfall in the Canadian Rockies. "There were guys who were fitter and technically better climbers than I was," says Twight. "But I did more transformative things because of what I had on board mentally."

Twight founded Gym Jones in 2003 to help fellow climbers "unfuck their heads." For years it existed on the fringes of hardcore fitness, gradually adding US Special Forces recruits and MMA fighters to its ranks as news of Twight's successes spread.

Then, in 2006, everything changed. The movie *300* hit theaters, and Twight, who'd been tasked with transforming the film's doughy actors into a phalanx of hardened warriors, found himself in the limelight. Overnight, Gym Jones went from underground muscle factory to iconic fitness temple.

"Until that point, I ran the gym on the *Fight Club* model – it was invitation only, but if you were invited, I trained you for free," says Twight. But after the movie was released, it was impossible to stay off the public's radar. "The traffic it created nearly crashed our website," he says. "We went from a few hundred hits a month to almost 13 million."

The buzz was a curse, in a way. "It gave people the wrong idea. Aesthetics are actually our last concern," says Twight. Gym Jones focuses on building true fitness, not the appearance of it, he explains. "And true fitness comes from training the muscle that sits in your skull: your brain."

Most people aren't prepared for what that entails. "They don't know what all-out is because they've never been pushed to experience it," says Twight. "Take the one-minute AirDyne test. If someone gave absolutely everything he had on the first try, it would be impossible to log a higher score on the second attempt. What holds people back? Maybe it's fear. Maybe it's laziness. But whatever it is, it's 100% in their head."

Those mental barriers also hinder performance in the weight room. Twight recalls a disciple who was fixated on pulling a double-bodyweight deadlift, a Gym Jones fitness benchmark. (See "Raise Your Standards," right, for more.) "For him, that was 163 kilograms," says Twight. "He could lift 156kg no problem, but put 163kg on the bar and he couldn't budge it. He thought 163kg should be hard, so it was." Twight's solution: "We had him do a bunch of sets, switching up the plates each time until he lost track of them. Without knowing it, he did a couple of reps at 170."

IN 1924, THE NOBELIST ARCHIBALD Hill became the first physiologist to propose that the brain regulates the heart during exercise. That regulation, he theorised, was meant to protect the heart from

THE GYM JONES PLAYLIST

- ▶ **"Power & the Greed"** The Partisans
- ▶ **"Get Off Your Ass"** SNFU
- ▶ **"Institutionalized"** Suicidal Tendencies
- ▶ **"Liar for Hire"** D.O.A.
- ▶ **"Ain't Nothin' to Do"** Dead Boys
- ▶ **"Bitch in the Pit"** Body Count

TEST YOUR LIMITS

Most guys think they push themselves in the gym. These tests will show you where your limit really is and help you exceed it



▶ **1-Minute Sprint**

"A minute might not seem long, but it is if you go hard enough," says Gym Jones's Rob MacDonald. "This will reveal how far you're willing to push yourself. If you're not crushed at the end, you held back."

DIRECTIONS Hop on a fan bike and try to burn as many calories as possible in 60 seconds. (The bike will display your result.) Average is 45; the Gym Jones record is 89.

MASTER YOUR MIND

You're a lot stronger than you think you are. Follow these tips to break through mental barriers and unlock your potential



Think Green

"When your workout starts to get tough, you'll hear voices in your head telling you to slow down, save your energy, and quit," says MacDonald. "Those are red-light thoughts. They will halt you completely if you don't learn how to silence them."

▶ DO THIS

"Fill your head with green-light thoughts, which are wholly positive," suggests MacDonald. "Repeat statements like 'I can do this' or 'I've survived worse.' That positivity will power you through anything."

RAISE YOUR STANDARDS

Nothing about Gym Jones is ordinary, including these 10 strength and endurance benchmarks. Set them as goals to elevate every aspect of your fitness

▶ RUN 2.4 KM

9:00

▶ RUN 5K

22:00



▶ 2 000-Metre Row

"This is a classic Gym Jones test," says MacDonald. "When you do circuits for time, you can cheat form and cut corners. This is just you and the computer: no cheating, no shortcuts – just objective feedback staring you right in the face."

DIRECTIONS Program the distance setting on a rowing machine for 2 000 metres. Try to complete the distance in less than 7 minutes.



▶ 10-Metre Murder

"This test has you face 'the moment'—the point in a workout when you either persevere or quit," says MacDonald.

DIRECTIONS Grab a stopwatch and head to a track. Set it for 1 minute and run 10 metres, resting for the time remaining in the minute. Next, run 20 metres, resting for the remainder of the minute. Keep adding 10 metres until you can't beat the clock. Your goal: 200 metres.



▶ Death by Burpee

"You don't need a gym or any kind of special equipment to take this test," says MacDonald. "All you need is a willingness to suffer and a desire to discover what you're made of."

DIRECTIONS Record the time you take to do 100 burpees, touching your chest to the floor during the push-up and jumping at the end of each rep. Try to finish faster each time you do it (every few weeks).



Make Friends with Pain

To beat your limits, you have to establish a positive relationship with pain. "When you reach your edge and push past it, you'll realise you weren't really at your edge in the first place," says Steve Portenga, a sports psychologist who's worked with Olympians.

▶ DO THIS

Spend time in the "pain cave," the point on the intensity spectrum that's just shy of where you'd call it quits. "That will help you adapt to discomfort," says Portenga. Any of the tests above will take you there.



Be Accountable

Gym Jones has four AirDynes, but only one is used for tests. Disciples take turns while others look on. "People would never hit their mark if they did it at home alone," says MacDonald. "No one wants to look like a failure. Accountability ensures they aren't."

▶ DO THIS

Find a good trainer or workout partner. "These people should not only motivate you to go hard but also keep you from slacking off on those days when you really don't feel like hitting the gym," says MacDonald.



Reward Yourself

For some people, the prospect of a reward is a powerful motivator, says Portenga. MacDonald agrees. When he sets a Gym Jones record, he treats himself to a burger and shake. Enjoying the reward also motivates him to hit the gym to burn it off.

▶ DO THIS

Determine a reward that excites you, such as a high-kilojoule meal, concert tickets, or a week off from training. Set a goal and reward yourself when you nail it. Can't think of a goal? Pick a fitness standard below.

▶ FRONT SQUAT (1-REP MAX)

1.5x BODYWEIGHT

▶ ROW 2 000 METRES

7:00

▶ TURKISH GET-UP (1-REP MAX)

50% BODY WEIGHT

▶ DEADLIFT (1-REP MAX)

2x BODY WEIGHT

▶ BENCH PRESS (10 REPS)

84 KG

▶ BACK SQUAT (1X BODYWEIGHT)

20 REPS

▶ PULL-UP ENDURANCE

15 REPS

▶ RUN 400 METRES

1:00

overexertion. But Hill's idea took more than 70 years to gain traction, having been overshadowed by the more popular theory that physical exhaustion is purely a matter of cellular supply and demand.

Tim Noakes, director of the Exercise Science and Sports Medicine Research Unit at the University of Cape Town, was taught the prevailing theory. When he started studying exercise physiology, he says, he was told that your muscles get tired – either because they run out of fuel or build up too much lactic acid – and that's why you stop. But no one had ever proved that muscles were getting too little oxygen or fuel. What's more, studies showed that people never recruited more than 50% of their muscle fibres – even during intense exercise, says Noakes. The theories just didn't seem to match reality.

Eventually it occurred to Noakes that because you activate muscle by way of your brain, your brain must also be responsible for determining how long, hard and fast you push yourself. While Hill had been on the right track, the more research Noakes conducted on his own "central governor theory," the more the supporting evidence mounted.

To what degree can the governor in your head influence performance? Suppose you were told to pedal to exhaustion on a stationary bike while being timed by a clock. "You're also told that it would be great if you could go for an hour," Noakes says. What you're not told is that the clock is slow. "You'll find that when the clock reads an hour and five minutes, you'll stop, even though you really did an hour and a half." By taking this cue, your mental governor established a performance limit that in no way reflected your actual fitness level.

"Your brain sabotages your performance," says Noakes. "When you feel fatigued [during exercise], it's just an emotion. It has nothing to do with your physical state at all."

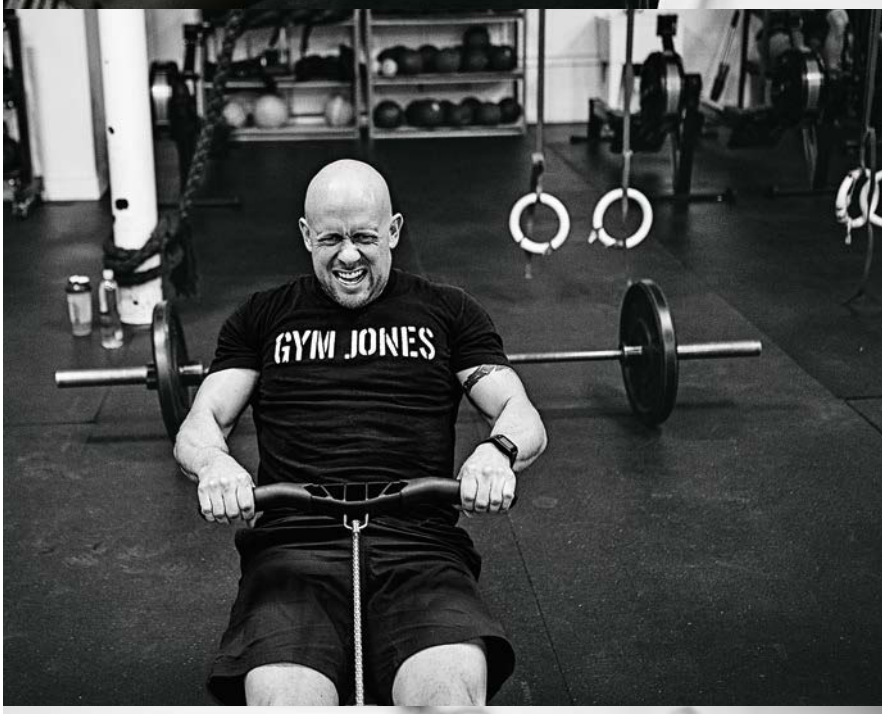
Others agree. When Brazilian researcher Eduardo Fontes analysed cyclists' brain activity on an fMRI machine as they pedalled to exhaustion, he showed that emotion plays a fundamental role in performance. "We saw that the limbic lobe – the emotional centre of the brain – lit up as the intensity increased and the cyclists became more exhausted," he says. "The more active the limbic lobe became, the more emotion they tied to exertion and the more they slowed."

Your mental state, Fontes says, is behind much of the variation in your day-to-day performance. "Anyone who works out knows that training performance can differ drastically from one session to the next," he says. "Physiologically you might not have changed; what may have changed substantially is your mental state."

Fontes has found that people who are able to detach from their emotions during exercise (for example, not thinking about their panting breaths or burning legs) almost always end up performing better. "When you exercise or compete, you have to mentally process what's happening to your body," he says. "But the key is to not judge it as positive or negative; that's when your brain sets limits."

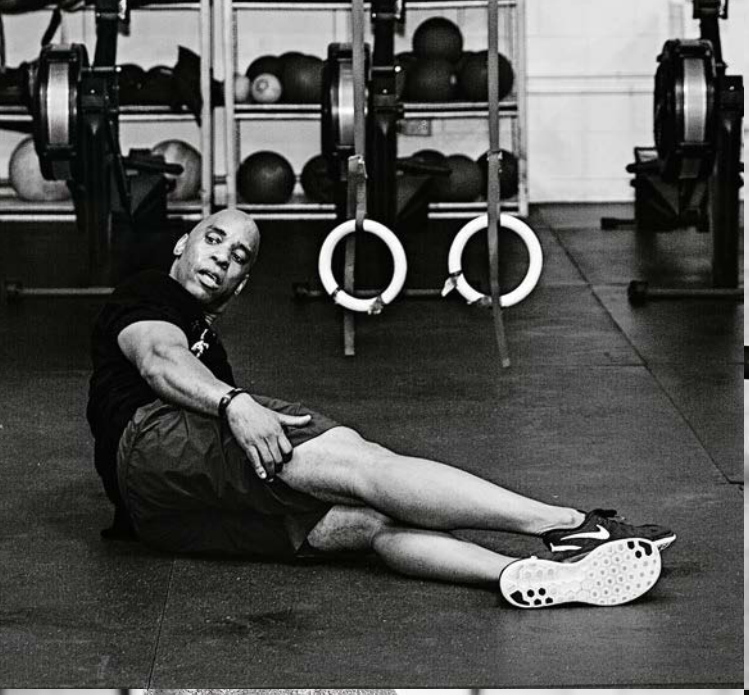
Noakes tells the story of a woman running an elite 5 000-metre race. She was about 20 metres behind first place and had mentally committed herself to coming in fifth or sixth. But as she began her final lap, she saw the clock and realised that if she could run that lap in less than 64 seconds – something she had done before – she would qualify for the Olympics. "All of a sudden her thinking shifted and she didn't care



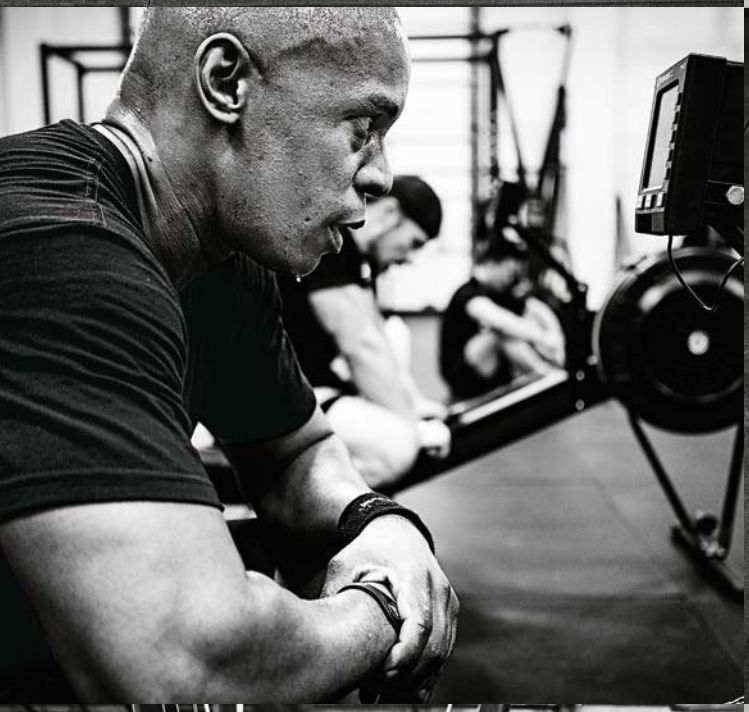




THE PAIN CAVE
Every Gym Jones workout is a test of grit. If you're halfway done and don't want to quit, you're not going hard enough.




GYM JONES









"EACH WORKOUT IS DESIGNED TO BE A MENTAL CRUCIBLE. THROUGH SUFFERING, YOU ARE ABLE TO DISCOVER YOUR TRUE POTENTIAL"

about the race," Noakes says. "She had a new goal that mattered on a much deeper level, a goal she believed she could achieve." She sped up, won the race, and qualified for the Olympics.

"Your biology sets your true limits, of course, but how close you can get to that number is determined by what you believe," says Noakes.

MacDonald specialises in that kind of focus shifting, which starts with goal-setting. "If someone tells me they want to get fit, I ask, 'Fit for what?'" he says. "Fitness is task-dependent; you need to map things out and set a target, whether that's to finish a triathlon or simply to look and feel healthier."

Everyone who walks into Gym Jones – Navy SEAL or sales rep – receives a customised training programme. Nothing is arbitrary. Nothing is left to chance. And the commitment must be total. "You might work hard in the gym, but are you also sleeping eight hours or more a night, eating healthfully, and foam-rolling while you watch TV?" says MacDonald. "Constant attention to your goal is how you reach the next level. And recovery is half the battle: don't do the work if you don't have the balls to rest."

Such devotion – what disciples sometimes refer to as drinking the Kool-Aid – affects what MacDonald calls a "deep chemical change" that guarantees success both in the gym and beyond. "The swagger that comes from reaching a fat-loss target, crushing a half marathon, putting up a record lift or passing an endurance test doesn't wash off with your postworkout shower. It lingers," he says. Indeed, a man who gives his all to break a barrier in the gym may also be fighting with the same obsessive determination in other aspects of his life: building a happy family, closing a deal, inspiring change in others.

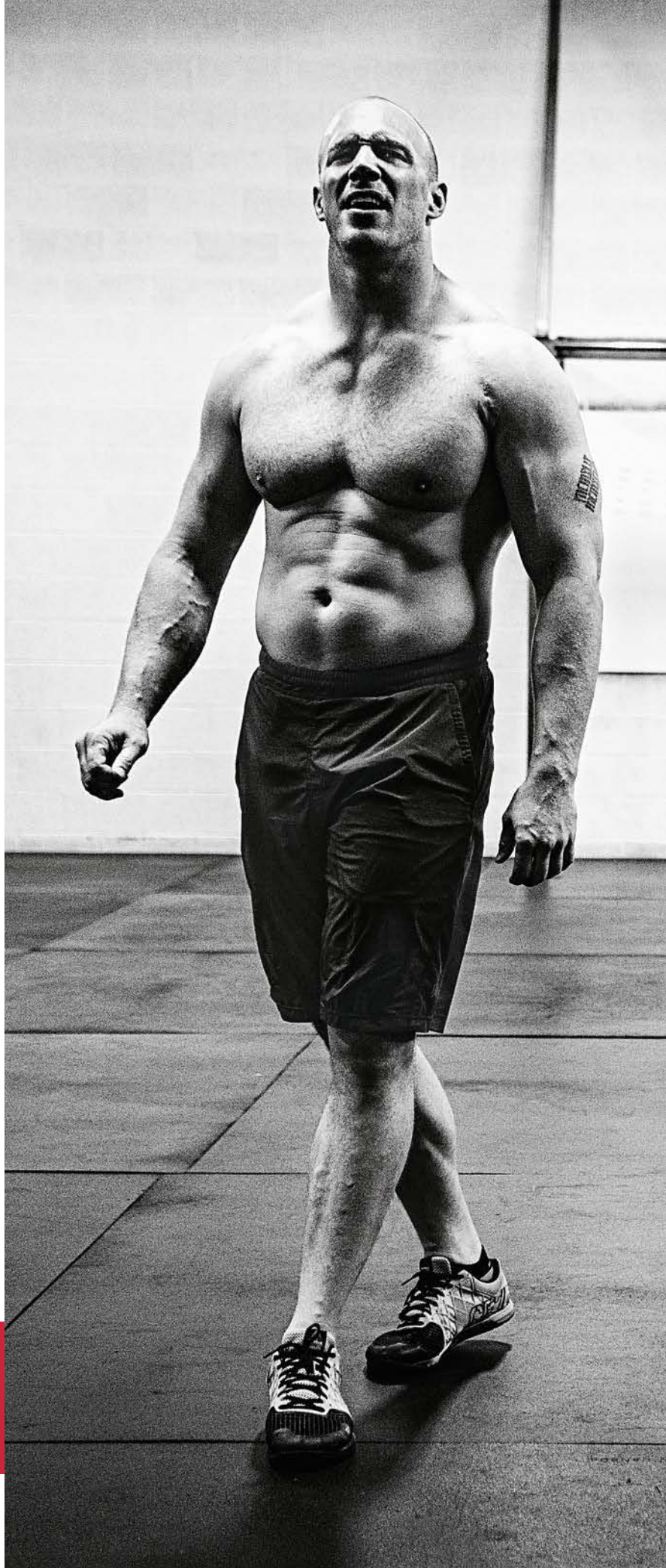
"A breakthrough here can lead to someone being a totally different, more confident, improved person," says Twight. "We see it every day. We're seeing it right now on that AirDyne."

THE 20-SOMETHING GUY IS BACK ON THE BIKE, PEDALLING savagely in another attempt at 48 cals. The seconds tick – 43, 42, 41 – as his face gets redder and his breathing harder.

Eighteen, 17, 16...with 15 seconds to go, his face twists in agony and his eyes close as he digs deeper into the pain cave.

Three, two, one... the timer finally reaches zero and then goes blank. The man collapses heavily on the handles, gasping for air. And then, victory: "49 calories" flashes across the screen. He staggers away from the bike, smiling broadly despite the leg cramps he's probably feeling as he accepts high fives from everyone in the room.

"If you don't push your mental limits, you're just going through the motions and you will stay at a certain level mentally and physically for life," says Twight. "But if you get comfortable with discomfort, if you put yourself in a dark place and come out the other side, you can accomplish anything." You just have to believe. MH

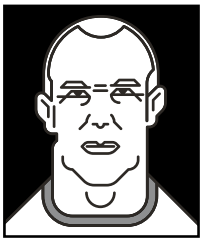


THE ROOM FOR IMPROVEMENT
MacDonald strides across Gym Jones's spartan interior, which lacks TVs, mirrors and other distractions.

Jacked by Gym Jones

Warning: this workout will make you sweat, yell, and curse. Welcome to the pain cave.

BY KELSEY CANNON / ILLUSTRATIONS +ISM



DESIGNED BY
Rob MacDonald, Gym Jones training director

BEST FOR
Testing your physical limits, building mental grit, and forging total-body strength, stamina and power

EQUIPMENT
Barbell, dip station, bench, weight plates, pull-up bar

KILOJOULES BURNED
2 834*

TIME
27:33

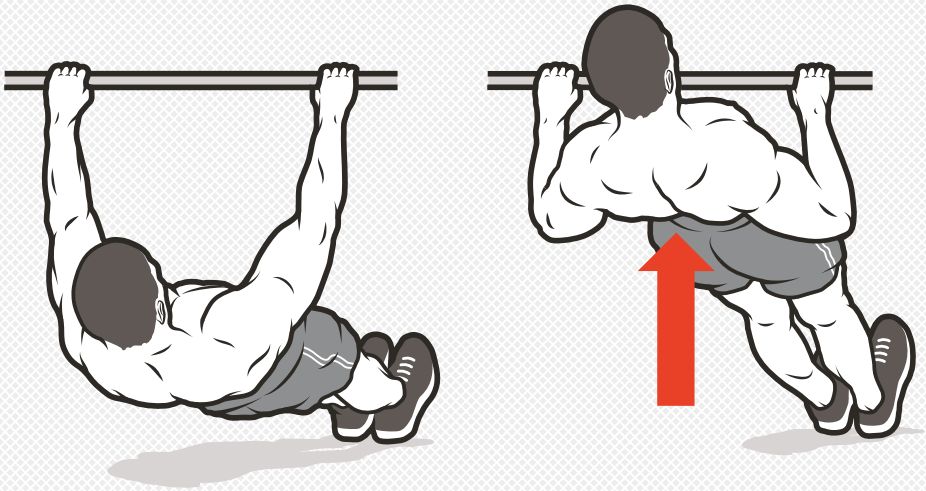
*As measured by a fit 1.9m, 115kg man using a Garmin FR70 fitness watch

DIRECTIONS
Do this workout 3 days a week for 4 weeks. Start with the warmup, doing the moves back-to-back in a circuit (10 reps of each, 5 circuits total). Next, load a barbell (see "Find Your Perfect Weight" on the next page) and do the main workout. Perform the exercises as a circuit; start with 10 reps per move and subtract 1 rep in each successive circuit (10 circuits total). Rest as needed. Try to finish the workout faster each week.

1 WARMUP

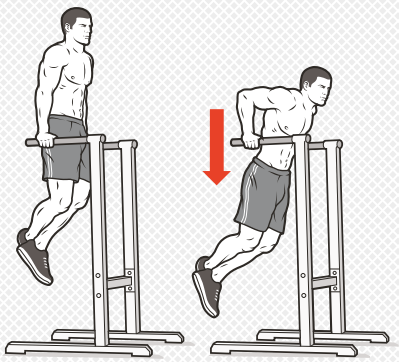
1/ Inverted Row

Set a bar at about waist-height and hang below it using an overhand, shoulder-width grip. Your arms should be straight (hands directly above your shoulders), your body straight from head to ankles, and your heels touching the floor. Begin by pulling your shoulder blades back, and then continue to pull with your arms to lift your chest to the bar. Pause, and then lower your body back to the starting position.



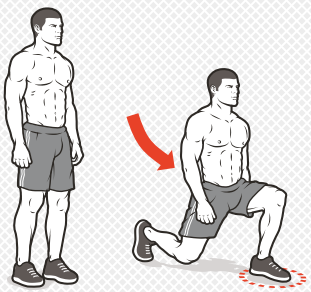
2/ Dip

Grab the bars of a dip station and lift yourself up so your arms are straight. Bend your knees and cross your ankles behind you. This is the starting position. Shift your torso forward and lower yourself as far as you can without discomfort. Pause; push back up to the starting position.



3/ Bodyweight Lunge

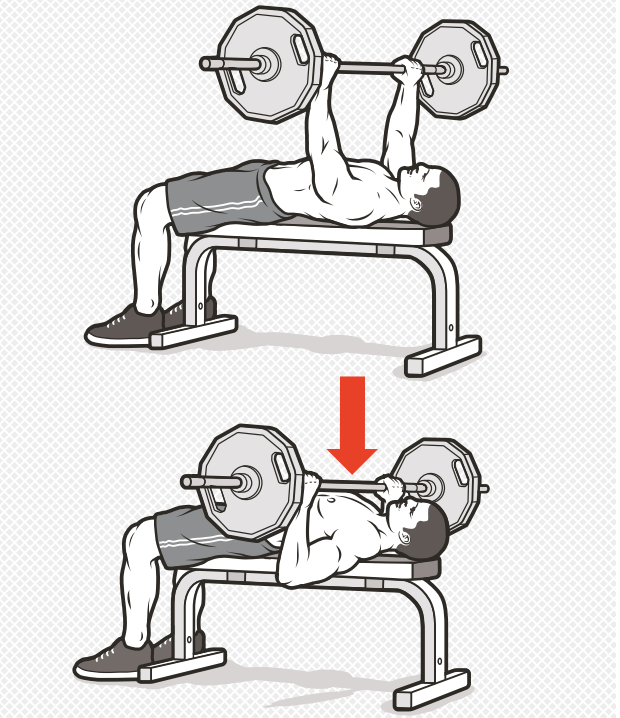
Stand tall with your arms at your sides. Step forward with your left leg and slowly lower your body until your front knee is bent at least 90-degrees. (Don't let your back knee touch the floor.) Pause, and push yourself back up to the starting position as quickly as possible.



2 WORKOUT

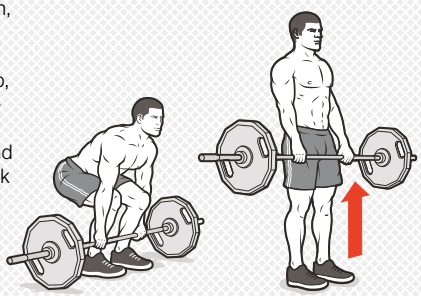
1/ Barbell Bench Press

Grab a barbell using an overhand grip that's just beyond shoulder-width, and hold it above your sternum with your arms straight. Lower it straight down, pause, and push it back up to the starting position. Keep your elbows tucked so that when you're in the down position, your upper arms form a 45-degree angle to your body.



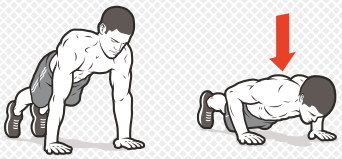
2/ Barbell Deadlift

Roll the barbell against your shins and grab it using a shoulder-width, overhand grip. Keeping your back flat, pull your torso back and up, thrusting your hips forward as you stand up with the bar. Pause, and then lower the bar back to the floor, keeping it close to your body.



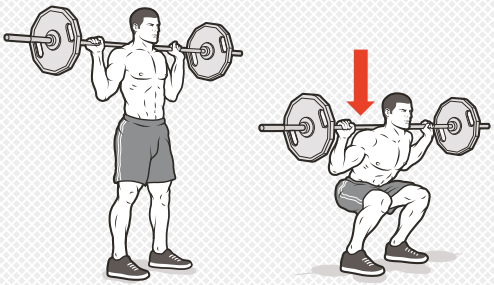
3/ Push-Up

Assume a push-up position with your feet together, arms straight, and hands positioned below but slightly wider than your shoulders. (Your body should form a straight line from head to ankles.) Keeping your elbows tucked, lower your body until your chest nearly touches the floor. Pause, and return to the starting position.



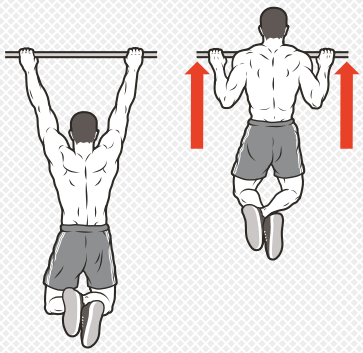
4/ Barbell Squat

Stand tall with your feet shoulder-width apart, using an overhand grip to hold a barbell across your upper back. Keeping your back flat, push your hips back and lower your body until your thighs are at least parallel to the floor. Pause, and return to the starting position.



5/ Pull-Up

Hang at arm's length from a pull-up bar, using an overhand grip that's slightly beyond shoulder width. Pull your chest to the bar, squeezing your shoulder blades together. Pause, and slowly lower your body back to the starting position.



FIND YOUR PERFECT WEIGHT

ONE BAR AND ONE SET OF PLATES IS ALL YOU NEED

Gym Jones workouts often use the same load for every move. Why? "In the real world, things weigh what they weigh," says the gym's training director, Rob MacDonald. "If you have to push a car or move furniture, you don't get a magic button that adjusts the weight for you." For this workout, select the heaviest load that allows you to complete all your sets of the weighted exercises. This chart will show you where you fall on the Gym Jones strength spectrum.



Men's Health

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Why She Wants You Bad

You're polite. Thoughtful. Considerate. And boring! But your rough side might rub her the right way

BY MIKE DARLING
PHOTOGRAPHS BY BRYCE THOMPSON
P136



You know a rebel when you see one. **And so does she.**

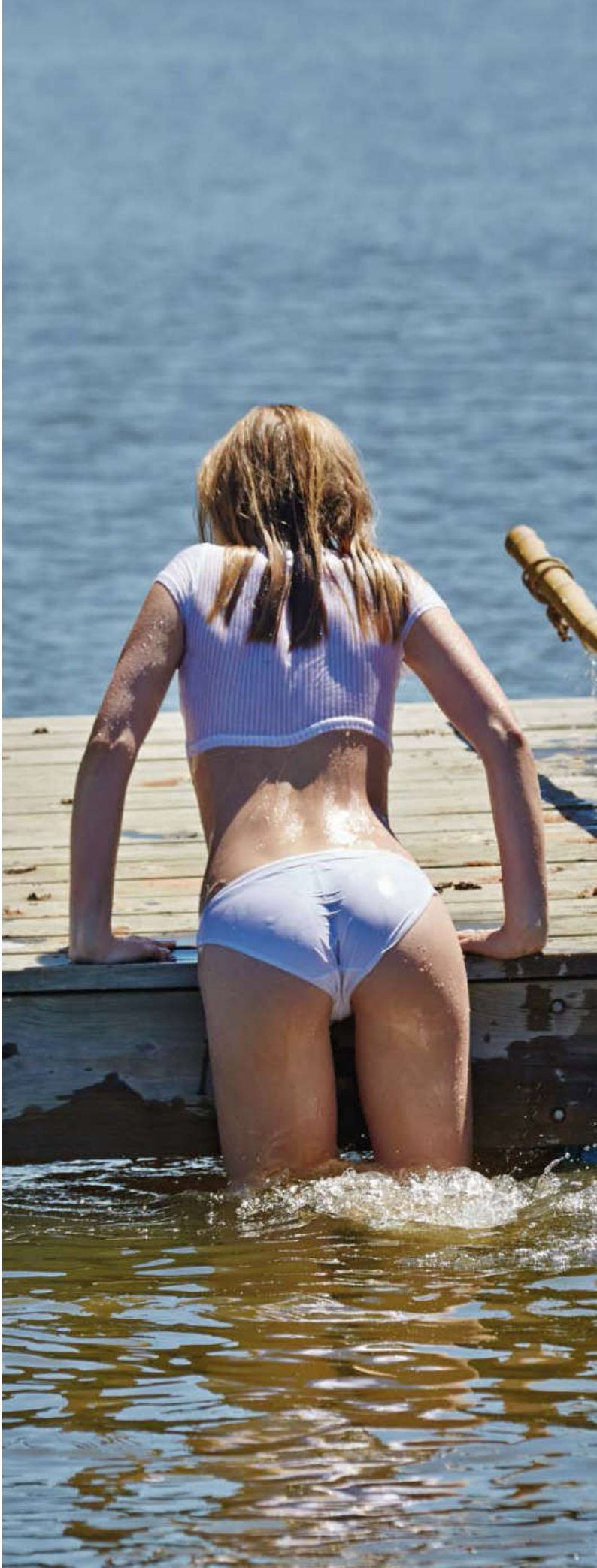
In a recent Australian study, researchers discovered that men who ignore rules are more desirable to women. "Non-conformity suggests qualities that women typically find attractive, like risk-taking and assertiveness," notes study author Matthew Hornsey. "It communicates authenticity, which in an image-obsessed world has become a rare commodity." Translation: faking it won't work. So turn the page to tap into your true rebellious side. More sex, hotter sex, so-adventurous-it's-barely-legal sex awaits.

Make Her Look

Walk into any bar on a Friday night, and you'll swim in a sea of gingham. Guys can be risk-averse: "We're pack animals; we're programmed to play it safe and follow the crowd," Hornsey says. "But part of being an adult is knowing when to fit in and when to stand out." So rather than blend in with the rest of your wolf pack, reach into your wardrobe for a look that'll turn you into the alpha dog.
YOUR MOVE Add one edgy item to every outfit. For instance, start with a black blazer and a white V-neck T-shirt, says *Men's Health* fashion editor Azeez Jacobs, and pair them with slightly distressed jeans to create contrast and interest. Other ways to apply this principle: trade a wristwatch for a leather cuff. Mix a leather jacket with a dressy shirt. Pair boots with a suit, sneakers with dress pants, or brogues with jeans. And switch out your cologne for something with a more earthy scent, such as patchouli.

Come On a Little Stronger

It's obvious when you secretly hope something better will come along. Take online dating: many guys flirt for days, if not weeks, before finally making plans. "Men cast a wide net on these apps and sites, but it's not always obvious when they're actually interested," says relationship coach Dr Paulette Sherman. "Making a first move quickly shows that you're assertive and confident." Plus, it sends a clear message that you're not playing the field.
YOUR MOVE Skip to the best part. Apps like HowAboutWe and Tinder are meant for meeting up instantly, so embrace them. You might be surprised by how receptive she is. "It's a relief to find out if there's chemistry right away. A man who drags things out can seem weak because his actions don't support his words." Be straightforward in your pitch, and avoid a big-time commitment. Aim for confident with a dash of boldness. Try something like "I need to buy you a drink. Tomorrow. It'll be more fun than whatever you have planned."





xxx

A spirit of adventure will do wonders for your sex life. So treat boldness like a muscle you need to exercise



Lower Your Fear Factor

Men often play it safe because the potential for awkwardness and rejection is so high, says Paul Hokemeyer, a relationship and family therapist. "When we experience fear, the primitive part of our brain causes us to steer clear of danger." So treat boldness like a muscle you need to exercise as often as you do your quads, says Hornsey. "Practise being different. Let the potential for embarrassment wash over you – eventually you'll realise it's okay."

YOUR MOVE Demonstrate fearlessness in ways she'll never forget: hop the fence some night to go skinny-dipping at the local pool, or have sex in your office after hours. Even little moments can leave a deep and lasting impression, says *MH* sex advisor Debby Herbenick, who recalls the way a man once flirted with her on a plane. "After we'd been talking awhile, he got up to use the bathroom. He took off his headphones and slipped them over my ears without even asking. It was bold and sexy, and it's never left me. If I hadn't had a boyfriend, I would've said yes when he asked me out."

XXX

See how close you can get each other to climaxing without actually arriving there



Declare War on Boredom

Most people are prone to falling into dating routines, says Dan Ariely, a psychology professor at Duke University and the author of *Predictably Irrational*. That's just the way we're built. And over time, these outings become less satisfying. "Our brains quickly adapt to things, and then we don't react as strongly to the triggers. They become a form of white noise," Ariely says. But when you and your date are sharing a new experience, there's a spirit of adventure that naturally makes you seem more excited, he says. And that positive energy could rub off on your relationship.

YOUR MOVE Three words: restaurant bathroom sex, says Herbenick. "Duck into a closet or bathroom with her and slip off her underwear." There's a good chance she'll enjoy shaking things up. A 2013 survey by the sex info site Good in Bed found that 28% of women were bored in their relationships, and another 25% were on the "brink" of boredom. If the bathroom stall at Primi Piatti fails to rev things up, you could go simpler: on your next airline flight, drape a blanket across your laps and engage in some playful fondling, suggests Herbenick, whose air travel adventures are apparently more interesting than ours. See how close you can get each other to climax – without actually arriving there. Save that for the hotel room shower after you check in.


LET'S
GET
OUTTA

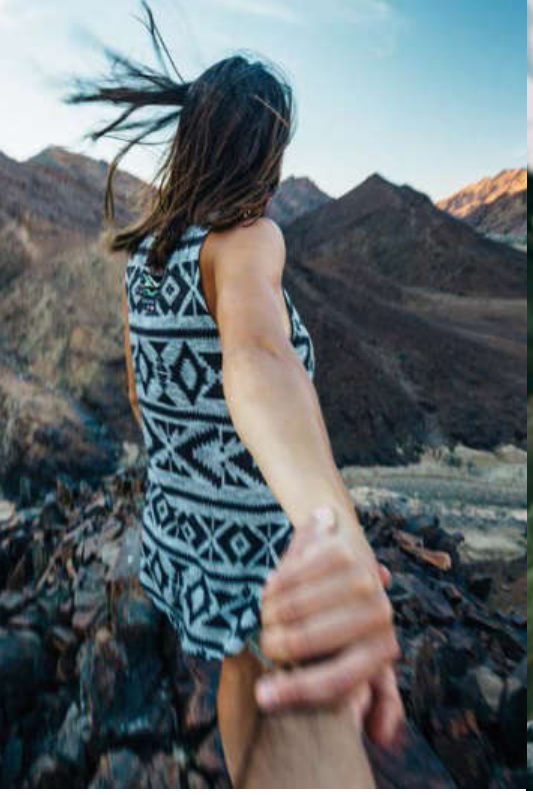


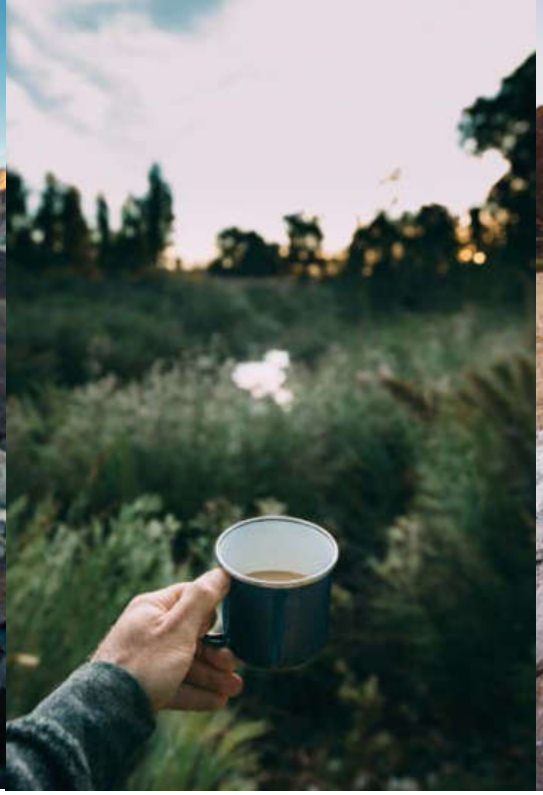
HERE

Real adventure doesn't have to involve insane feats, years of planning, hours of travel or a huge budget. Take a microadventure close to home for the ultimate guy trip

Here's how

By Tudor Caradoc-Davies
Photographs Micky Wiswedel
November 2015







LIFE'S AN ADVENTURE RIGHT?

WHETHER YOU PUT MUCH STOCK IN THE AFTERLIFE OR NOT, THERE'S this overriding sense that we might as well enjoy what we've got right now because aliens/nuclear meltdowns/Bieber's next album/Kardashian updates are coming to get us. The problem is we're also saddled with the mundane minutiae of real life. If you're an average Joe, you've got to go to work five days a week. You've got to watch your Randelas, save your leave and choose what you do with your spare time wisely.

Those adventurers you see – the Ranulph Fiennes, David Griers, Riaan Mansers of this world – seem to operate in a different world to us 9-5 schmoes. Maybe they tapped into a trust fund, convinced backers to give them funding or are slightly mad (I'm talking to you, Manser). How else would they be able to leave real life behind and go adventuring?

ONE BRITISH ADVENTURER, ALASTAIR HUMPHREYS, IS PUSHING a solution to the mundane, city-bound reality of our lives. The 2012 *National Geographic* Adventurer of the Year has cycled across the planet, rowed the Atlantic and walked across India, yet even he acknowledges that big adventures are not realistic for all of us, all the time. So he came up with the concept of microadventures.

"I wanted to find a way to help people have more adventure in their lives," Humphreys says, "to show that you don't need to be a tough, rich athlete with months of spare time to enjoy the wilderness. I'm all for making big adventures happen, absolutely. But I am also aware that it's very hard to do, and therefore for most people they are wise to begin just by carving out microadventures, getting out into the wild, and building up some momentum. Big plans come easier after that. A microadventure is an adventure. Simple as that. But it's an adventure compatible with the time, money, fitness, expertise or geographical constraints in your life. If you haven't got time to climb Kilimanjaro, go climb your local hill. It's better than nothing.

Genius in their simplicity, microadventures are a wake-up call to make use of what's readily available and live life to the fullest. You know the drill: whether it's family, career or financial pressures that make things difficult, we simply cannot all sacrifice the time, money and effort to go on a massive, world-first adventure (those are running out anyway). You don't have to plan and save for a three-month trans-Pacific crossing, work for 10 years to take a half-year sabbatical to find if Amazonian women really look like people say they do, or ride a unicycle up Everest backwards. Unless, of course, you really, really want to.

Yes, it is possible to pack an adventure of a lifetime into a weekend.

YOU JUST NEED TO START

1/ Find a Deserted Beach

South Africa has over 2 500km of coastline, yet when we go to the beach we find ourselves surrounded by crowds, ice-cream vendors and some moron revving a Jet Ski. So throw a stocked coolbox into the car and make it your mission to find a beach within easy driving distance where the only footprints will be yours and the local otter's. On the rugged West Coast, the coves and beaches around Paternoster and Elands Bay are a good bet; in the Overberg the stretch between Pearly Beach and Arniston is quiet. The Wild Coast is dotted with remote beaches and in Northern KZN up near Mozambique you can find tropical beaches, like Mabibi, straight out of a travel brochure.

ICONS HUBERT TERESZKIEWICZ





2/ Find Some Rapids

Sure, Vic Falls is the rafting benchmark – adrenaline-spiking Grade 5 and 6 rapids that will make you question your mortality. But... that's a flight away, or a very long drive, and it costs a fair whack too. Just 35 minutes from Gauteng you can get onto the Crocodile River (paddlepower.co.za) and experience rapids up to Grade 3, in rainy season. Winter doesn't mean adventure gets substituted for hibernation: just three hours from Cape Town you'll find the Doring River in the Cederberg in full winter flood. A rafting-camping trip offers you the white-water experience in one of the most beautiful areas in the country (riverrafters.co.za).

3/ Enter a Wild Race

Having a challenge makes getting out and about even more exhilarating. First choose your poison – running, mountain biking, adventure racing. Then enter the Run the Berg, a two-day trail run in the Drakensberg, tackle the Num-Num Trail near Machadodorp or test yourself with The Bat Run, which takes on Table Mountain, Devil's Peak and Lion's Head... at night. Like hurdles? The New Balance Impi Challenge is aimed at GI Joe types. All about the mountain escapism? Races like the new West Coast Phat Trek test you without eating into your festive season leave. Ever tried orienteering or rogaining (long-distance, cross-country navigation)? It's like chess-boxing in that it forces you to test both your body and your brain and there are great competitions run by clubs like the Rand Orienteering Club.

4/ Get Deep

Did you know you can go spelunking at the Cradle of Humankind (wildcaves.co.za)? The fact that *Homo Naledi* was only recently discovered by some extra-slim spelunkers in this labyrinth of caves proves that adventure could be lurking around every corner. In the Cape, one of your best caving options is at Boomslang Cave in Kommetjie. Sign up with the Cape Peninsula Spelaeological Society (cpss.caving.org.za) or Bosvark Adventure Trails (Facebook) to unleash your inner caveman.

5/ Catch (Or Find) Your Own Dinner

Could you feed yourself from nature given the right tools? That means no cheating by whipping out the credit card or calling friends and family. A lot of people in South Africa already live off the land, so perhaps it's time you as a city slicker tested your ancestral wisdom just in case that zombie apocalypse ever happens and you need to be able to feed yourself when Woolies is overrun.

Mushroom blooms from porcinis to pine rings happen in the mulch of pine and poplar plantations at different times of year. Check out mushroomguru.co.za for advice on what you're doing and remember the old adage: "There are bold and there are old mushroom hunters, but there are no old, bold mushroom hunters." Do your homework on this one and never eat a mushroom you're not 100% sure about.

Pick up a mussel or fishing license and a tide table from any post office, get some local advice and then pack a bag with what you need to cook your feast under the stars. Oil, cream, wine, onion, garlic, whatever you need – just no backup food.

Whether you're hunting guinea fowl, catching a fish off SASSI's green list, picking num-nums or raiding your mom's avo tree, the key to success with this adventure is preparation. Find out what's edible and what isn't, what is in season and when, where you're allowed to go and where you're likely to get shot for trespassing. Then, head out there with the necessary tools (wicker basket for picking mushrooms, fishing rod, oyster shuck) and get dinner. Having hunted or gathered it yourself, it will taste better than anything you would eat on your average suburban weekend.

6/ Wake Up with a New View

Your options are endless. Hire a houseboat, cast a line or two for huge, indigenous yellowfish and wake up on the Vaal River with a houseboat for two (cruise-n-snooze.co.za), while right above Cape Town you can sleep in the Table Mountain hut if you become a member of the Mountain Club of South Africa. In the middle of winter, head up via Platteklip Gorge, bunk down for the night and wake up to a snow-covered mountain before heading down to coffee in the city.





7/ Reach a Peak

Cape Town scoops the pot with incredible trad climbing and bouldering right above the city and in the surrounding mountains, but there is really good climbing within reach of most of our major metropolitan centres. Within easy reach of Durban you'll find excellent sport climbing in the Umgeni Valley, while Gautengers have the ancient Magaliesburg range to explore. It's older than the African continent having been formed when we were still part of Gondwanaland.

8/ Tackle a Trail in a Weekend

There are many options in the Magoebaskloof trails, but we recommend the Dokolewa Waterfall Trail. 46km over two days, overnighting in great huts and swimming in waterfalls (komatiecotourism.co.za). The Fynbos Trail in the Overberg mountains near Hermanus, just two hours from Cape Town, offers two or three night trail options that take you through incredible indigenous forests of milkwood, stinkwood and wild olive as well taking in over 800 fynbos species. Opt to forego the slackpacking and self-cater instead and you're in for R950 per person for the trail (fynbostrail.co.za).

9/ Get Above the Clouds

That's it. All you have to do for this microadventure theme is raise yourself above the clouds at some stage over the course of a weekend. Skydive, paraglide or simply climb the highest peak close to you, whether it's Sneeuberg (2 026m) in the Cederberg or Nooitgedacht (1 852m), the highest peak in the Magaliesberg. While you're up there spend the night and shoot the sunrise. Sunset pics are a dime-a-dozen – after all, South Africans love sundowners – but sunrise pics are more special. Fewer people around, less smog in the air, the day fresh with possibility.

10/ Swim In the Buck

Naked we came into this world, and while for the most part it's inappropriate to revert to that state, sometimes it's called for, especially when your girl is up for it. SA has many amazing swimming holes. Eagle Falls in the Lotheni Valley is beautiful with a waterfall and secluded enough to whip your kit off. Tonquani Kloof in the Magaliesberg and Beaverlac in the Groot Winterhoek mountains both have stunning pools to skinny dip in, while if you venture out to Mpumalanga for the weekend, the province is littered with waterfalls (Lone Creek, Forest, Berlin and Mac-Mac Falls).

Adventure Awaits
Rules to lose yourself by

GO SOMEWHERE TOTALLY NEW

As Humphreys points out, we have incredible scale and variety in South Africa. Yet humans are creatures of habit, so we go back to the places we have always been, and while that's a safe and reliable strategy, it limits our range of experience. Do you really want every getaway of your life to be limited to the same Aventura resort?

MAKE A PLAN

"I use planning as a way to overcome my own fears, laziness and procrastination," says Humphreys. "Put a date in the diary, make a plan, stick to it. That way things happen. But once you're in the habit of microadventures and doing them more often then it's really fun to be spontaneous ("the sun is shining, I have a free evening, let's ride our bikes till the sun sets, sleep on a hill somewhere, then ride home for breakfast."





ADVENTURE ROULETTE

On the subject of spontaneity, one of Humphreys' techniques is to close his eyes and randomly jab his finger at a map. (We're assuming it's a local map as things could get a little tricky logistically if he were playing with continental or world maps.) That aside, it's the sentiment that's important. Humans are creatures of habit and if you always do what you've always done, you'll always get what you've always got. Worried you'll make a mistake and end up somewhere crap? It's a microadventure, so if it's underwhelming when you get there, you can always change your mind. If you're willing to microadventure on a budget and risk not knowing the outcome, we guarantee you'll be rewarded with fresh, new experiences.

WAKE UP TO REAL TWEETS

Our lives are overconnected, and that adds to your stress load. Your microadventures are not just about being able to say to others that you did it (that is in fact largely irrelevant), it's to live it, to truly experience where you are, to notice your surroundings and appreciate them. If your microadventure does not take you out of cell reception, then try to switch off regardless. By all means document the adventure and take pictures, but don't sit around posting them and waiting for the likes to flow in. Save that for Monday and when you do, doff your hat to Humphreys with the hashtag #microadventure.

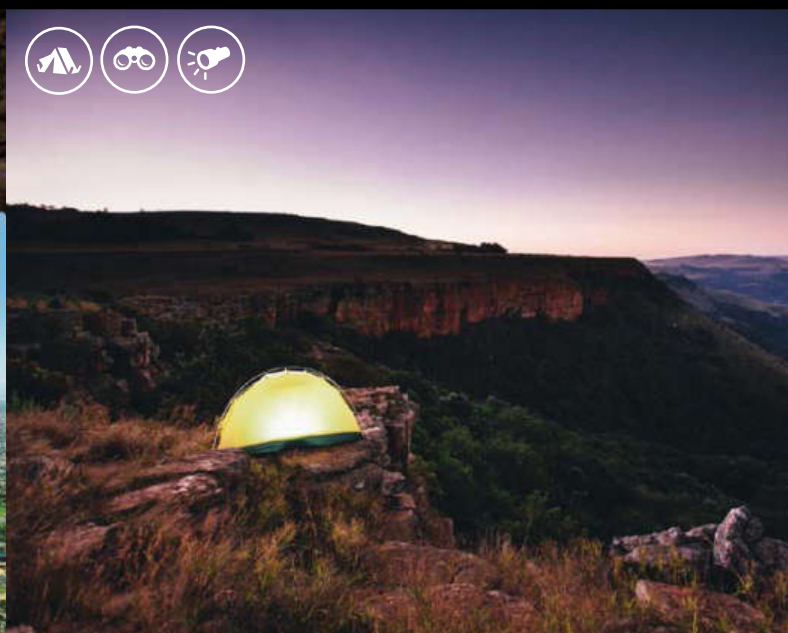
WE'VE GOT IT GOOD

Humphreys spent a year living and teaching in rural South Africa. "It was the best year of my life – and I have such fond memories of sundowner drinks (we don't do that in the UK) out at the local koppies and sleeping outside to see the Southern Cross (which we also don't have here). South Africa is an amazing place for adventure. One thing I have learned to appreciate is the scale of places like South Africa."

DEVELOP YOUR OWN PARAMETERS

Humphreys has some simple rules for his microadventures, but he insists the importance of people working out their own parameters. After all, one man's microadventure is another man's lifetime achievement. His microadventures are neither motorised (aside from getting to a destination) nor are they day-trips. "The only other thing I try to hold it to is that it must involve a night out under the stars. Day hikes are great, but sleeping out for the night makes it significantly different." The *MH* parameters include: close to home, affordable, short in duration (maximum duration: three days). MH





THICKER THAN WATER





Open-heart surgery, rare brain tumours, giant rogue waves and stand-up paddle world records... brothers Greg, Conn and Chris Bertish have overcome adversity and achieved spectacular feats against almost impossible odds. And they've learned a few things that'll help you too

BY JAZZ KUSCHKE



Greg

With two artificial heart valves and permanently on blood thinners, he's still charging big waves and travelling to remote locations in search of surf

IN 2006, 34-YEAR-OLD CONN BERTISH answered a phone call that was meant for his wife. He took a message and wrote down the number on a piece of paper. As he hung up the phone he looked at the notepad to find his writing almost unreadable. Looking closer, he realised he'd written an 8 as a 9. He tried to correct it back to an 8, but noticed that even while he was telling his hand to write an 8, it was forming a 9. He took another piece of paper and tried again. Again it came out as a 9. Something was wrong. Very wrong.

He rushed to a neurologist and an MRI scan revealed a tumour almost as big as a golf ball blocking a nerve in the back of his brain. This was messing with both sides of his brain, and explained the sudden, severe headaches he'd been experiencing in the past few weeks. Until then, doctors had told him the pain was stress-related – as it turned out, it was being caused by the pressure of brain fluid building up in his head. Emergency surgery to release that pressure started a long and scary process of recovering from an extremely rare form of brain cancer.

In that same year, Conn's older brother, Greg, found himself back in hospital, preparing for a second round of open-heart surgery. Greg was staring down the barrel of another lengthy recovery process – a rare tropical bacteria that he'd picked up on a trip to Madagascar in 2001 had returned. During the first bout, the infection consumed his aortic heart valve and required complicated surgery. Complications arose after the procedure: he sporadically lost his sense of taste and smell, and had difficulty with cognitive skills. It took more than a year to rehabilitate himself to the point where he could lead a normal life, and doctors told him it was finally gone. Now, five years later, it was back.

THE BERTISH BROTHERS DON'T BEND EASILY. They tackled these challenges in innovative and inspiring ways, overcoming where most would have succumbed. Three guiding principles have directed everything they've achieved: don't conform. Never give up. Stay true to your ocean roots. The water is their common bond; a love instilled by father Keith, a stuntman and extreme waterman who brought the kayak roll to South Africa, won the Berg River Canoe marathon, waterskied for South Africa and the UK and even built catamarans.

While Conn and Greg battled their diseases, they returned to the ocean whenever they could, paddling and surfing with youngest brother Chris, who was rapidly building a reputation as one of South Africa's best big-wave surfers.

Fast forward to 2015. Conn is cancer-free and has quit his high-powered job in advertising to launch Cancer Dojo, an organisation through which he hopes to teach others how to beat cancer as he did, by taking an active, almost metaphysical role in the battle. Greg is working on a number of projects to help heart surgery patients, and Chris has released both a book and film on how he won the Mavericks Invitational and set new stand-up paddle records.

Lessons? They have a few.

THE LITTLE OPTIMIST

Having undergone two open-heart surgeries and survived the long recovery periods associated with each, Greg is passionate about helping and inspiring anyone who faces any kind of hardship. His own health situation still scares him; his scars serve as a constant reminder of what he's faced and what he's up against. Greg has beaten the odds by managing his own expectations of what he's capable of – and busted a few doctors' perceptions of what a heart patient-slash-survivor can do along the way. He now works closely with the Heart & Stroke Foundation and The Children's Hospital Trust and is an ambassador for the Friends of the Children Association at Red Cross Hospital, where he prepares and motivates others, inspiring them to believe in themselves and beat a few odds of their own. Check out some of his ongoing projects (including a planned solo 200-kilometre ocean mission in a tiny Optimist dinghy) at *all-heart.org*



UNBREAKABLE
From left, Chris, Conn and Greg in Indonesia

THE BIG WAVE BOND

At 44, **Greg** has not only conquered some of the biggest waves in the world, but has also competed and achieved clocked competitive results in multiple disciplines. In 2009, just months after his second operation, Greg was acknowledged for riding one of the year's biggest waves, at the O'Neill Raw Courage Awards. In 2011 he became the SA Lifesaving Surf Ski Masters Champion and in 2012 he represented South Africa at the World Stand Up Paddleboarding Championships in Peru.

Conn was on the alternate list for the Red Bull Big Wave Africa competition every year it ran.

Chris won the Mavericks Big Wave Invitational at Half Moon Bay, California, in 2010, and in 2014 set the Guinness World Open Ocean 12-hour SUP Distance Record (130.1km). In 2013 he completed the first Source-to-Sea River Relay of the Thames in England (run 20km, paddle 243km, cycle 42km) and set a new SUP record for the English Channel: 5 hours 26min. He is also credited as the first person to paddle Dungeons, in 2001, not to mention Pe'ahi, a.k.a. Jaws, in Hawaii.

01. GIVE AND YOU SHALL RECEIVE

Everything comes full circle. Help those who are less fortunate and those who can't help themselves. It creates a positive energy in not only them, but in you, too. I love working with and inspiring sick and needy kids and people.

02. NEVER EVER GIVE UP

Research to find new ways to give yourself a fighting chance. People will impose their own expectations on you, without even knowing it – don't let those perceptions limit what you can do. Always get a second opinion. Getting a second opinion saved my life. Not giving up saved it again.

03. YOU CAN CHANGE PERCEIVED REALITY: YOURS AND OTHERS'

Our reality is something set by other people – it becomes a norm, but it's not set in stone and it can be changed. If you believe in yourself strongly enough, you can manage that reality by setting and achieving new goals. In that way you can change perceptions to make them work best for you. Shifting goal posts isn't rocket science, and it's not impossible. At first, doctors never imagined I would do extreme sports again, so neither did I. But bit by bit, I changed their (and my own) perceived reality of what a heart patient is and can achieve.

04. THERE IS ALWAYS SOMEONE ELSE IN A WORSE-OFF POSITION THAN YOU

I lay in the ICU, feeling sick, nauseous and sorry for myself. Wires, tubes, drains and drips poured from my body and I had a ventilator down my throat. I looked to my right and saw an 80-year-old man looking the same and I thought, Why me? I don't deserve this. Then I looked to my left and saw a six-month-old baby, who looked the same as us – wires, tubes, drains, the ventilator covering almost his entire body. Suddenly I realised how lucky I was, and how grateful I should be, for all that I had.

05. INJECT POSITIVITY INTO ALL THAT YOU DO

When I was facing massive operations and undiagnosed infections, I didn't rely solely on the doctors and drugs. I also infused each and every step with a sense of absolute positivity and optimism to ensure that I took on the beast from every angle and with everything I had.

06. FAMILY IS EVERYTHING

Put them first. I am a better, more complete person with my family involved, happy and healthy.

PHOTOGRAPHS COURTESY OF BERTISH BROTHERS

Conn

Internationally awarded creative director, big wave surfer, *Fear Factor* winner, husband and father of two, he beat a rare form of brain cancer by using psychoneuro-immunology: the study of how the brain connects to the immune system

CANCER DOJO

During his battle with cancer, Conn noticed how most sufferers disconnected from their disease, leaving them disempowered, making it harder for their systems to bounce back. In building Cancer Dojo, Conn aims to help people engage more mindfully with their cancer, offering "a powerful way to positively enhance the immune system and the entire cancer experience". He also aims to publish a book on this form of treatment in 2016.

07. LIVE CURIOUSLY

Conventions will hold you back, if you let them. The moment you start asking questions – about how things are, and how you can change them – you allow yourself to explore new possibilities. And when that happens, you quickly realise things can be done differently, if you're willing to try. Being inquisitive is the start of being unique – it's how you affect a solution in a new way. That's where a lot of trial and error happens, and that's the fun part. Out of failure comes insight, and that often leads you to create something else.

08. KNOW THAT YOU ARE A CREATIVE PERSON

Forget what your Grade One art teacher said. You have something out of the ordinary and valuable, and realising how you can make it come alive is crucial to being a stronger, healthier person.

Before going in for my first surgery I had to sign a form that said that even though they were going to try to get the tumour out, I could lose senses – my sight, my speech. It was scary; I called it The World's Most Terrifying Form. Then I started preparing my head for surgery, imagining I was filling in a very different form that stated no matter what they took out of my brain, it would just bounce back into shape. That was the beginning of how I started to play with my cancer and give myself a role in my own healing.

09. DON'T CARRY SHIT THAT HOLDS YOU BACK

Happy people are harder to kill. When we live as though distanced from ourselves, we start living with a compromised immune system, making ourselves more susceptible to picking up disease without realising it. Carrying stuff that holds you back makes you sick. Happy people have stronger immune systems; believe it or not, there are links between happiness and your immune system. In my career I've moved away from traditional advertising, as I've realised that creating stuff that can do some good makes me happy. Maybe you're feeling guilty about something in the past that you haven't forgiven yourself for. Get rid of all that crap and move on.

10. FOLLOW YOUR GUT

I resigned from my job because I had an amazing idea and it was time to make it happen. Check it out at cancerdojo.org

11. DON'T TAKE YOURSELF SO SERIOUSLY

Play with the world. When you're willing to play – to create and experiment, instead of follow the herd – your body is in a relaxed, healthy state. You've loosened up because you aren't cramped and worried about what people think. Children are good like that.

We need to retain that element of play and perspective. Understand that your life is your canvas and you can draw anything you want on it. The more fun you have, the more happy you'll feel and the healthier you'll be. That is the elixir of life.











▲▲ Big waves are better when you're with brothers

▲ Greg, Conn and Chris in Sumatra, Indonesia

◀ Chris and Conn searching for surf on Anjouan Island, Comoros

▼ Help a brother out: training for Red Bull Big Wave Africa, Dungeons

PHOTOGRAPHS ALAN VAN GYSEN (TOP AND BOTTOM RIGHT)



Chris

The ocean pioneer, big wave champion, SUP record holder, professional speaker, waterman and extreme adventurer knows all about facing fear and overcoming doubt

12. TRUST YOUR INSTINCTS

In early 2010, completely broke and in huge debt, I was faced with the most important decision of my life: to buy another ticket – with money I had to borrow – and get on the plane and fly halfway round the world, before anyone knew they were going to run the event or not. The only flight that would get me there in time was due to leave an hour before the the Mavericks Big Wave Invitational organisers could even make a final call to run the event. I had to trust my gut then and there, and believe with every fibre in my being that it was the right call, the right decision, without hesitation or doubt. It ended up being the right call. The event was called on while I was halfway across the Atlantic; I surfed in the event and won it, and it changed my life forever. Never doubt yourself. Ever.

TRUE STORY

Stoked is the true story of Chris's personal quest to prove to himself that he was one of the best in the "big-wave brotherhood". With his infectious enthusiasm, Chris tells how he pulled off death-defying antics time and again, overcame overwhelming obstacles and fears, and parried every blow that fate dealt him, all without ever losing faith or focus on his dreams. It ends with him winning the Mavericks Big Wave contest.

This year also saw the global launch of the film *Ocean Driven: The Chris Bertish Story*, a documentary along the same lines as *Stoked*. With commentary from Kelly Slater, Greg Long, Mark Healey, Clark Abbey, Gary Linden, Carlos Burle and more, this inspiring story of one humble man's journey to big-wave stardom will redefine the way you reach for your own dreams, be they on land or in water. *(Published by Random House Struik, R202, takealot.com)*

13. NOTHING COMES EASY

I'd given everything to get to Mavericks. It meant there was no turning back – no matter what, I was going to give it my all. And after travelling for 42 hours, a few hours after almost drowning, with no sleep and on borrowed equipment, I managed to come out on top against the world's best.

Heart, resilience, determination, sacrifice and commitment are the key ingredients to succeeding in life. Whatever you set out to achieve, it's about having fire, passion and self-belief.

14. NEVER GIVE UP

At one stage on a solo 350-km unsupported paddle up the west coast of Africa I nearly got blown out to sea when the wind picked up. I had to make it to this island at all costs, or I was dead.

You can never quit, even when your back's up against the wall and you're fighting for your life. In your darkest times, when you think you have nothing left, that's when you find your greatest potential.

15. DO WHAT YOU LOVE. LOVE WHAT YOU DO

Find your passion and have the courage to follow it. Once you know what you enjoy and what drives you, chase it. Once I realised that I wanted to pursue big wave surfing and endurance adventures – and realised that these created amazing stories, which I now use as a speaker, author and film director to inspire others – everything became clear. If you find your passion and follow it, your purpose will find you.

16. FACE YOUR FEARS TO LIVE YOUR DREAMS

We all have fears. It's how we deal with them and how we face them that defines us and separates us from others. Our attitude (how we see and deal with these fears) also mirrors how we deal with life's opportunities and obstacles.

I got caught inside a rogue 20-metre wave at Mavericks in 2010. We all get hit by those curve balls in life, those rogue sets, but it's how we deal with them – how we face them or run from our fears – that dictates the outcome. We have to face down our fears; we have to stand our ground in order to conquer them.

It helps to slow things down, take a deep breath, calm your mind, reduce the panic and make good decisions – to know and believe that you will get through even the toughest situations. MH

Your Recall Notice

How you fare when left to your own mnemonic devices

THE AVERAGE GUY

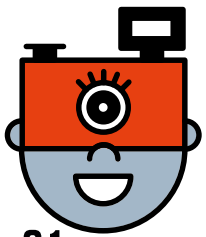
26 Percentage of men who say the birth of their child is their happiest memory



18 Percentage who point instead to getting hitched

27 Percentage who'd love a chance to erase the details of a past relationship

22 Percentage of guys who swear they have a photographic memory



<0.1 Percentage of people who actually have something like a Nikon in their skull

58 Percentage of men who've spaced out on their mate's birthday

42 Percentage of stereotype-defying guys who have never forgotten their anniversary

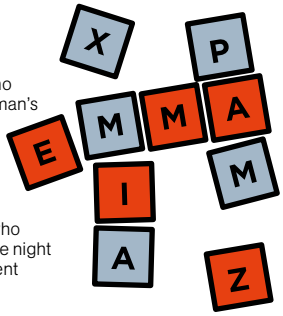
34 Percentage of men whose absent-mindedness cost them a cellphone



60 Percentage who still have one of those can't-forget-it phones (a.k.a. landlines) at home

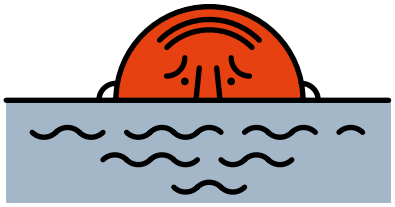
43 Percentage of guys who have blanked on a woman's name – mid-date

34 Percentage of those who managed to survive the night without a Mulva moment



4 Age of the average guy at his earliest memory

50s Decade when he starts to notice memory loss





HALF Proportion of men who wish their doctor could prescribe them a memory steroid

32 Percentage who think popping a fish oil supplement will boost their brain power

2 in 5 Number of men who regularly forget one of their login passwords



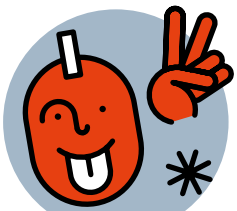
75 Percentage who always remember because they never bother changing their passwords

49 Percentage of men who think (and hope) they'll see a cure for Alzheimer's in their lifetime



62 Percentage who'd rather lose their brawn than their brain

41 Percentage of men who can rewind to their childhood via VHS tapes



22 Percentage who predict they'll one day want to forget their youthful Facebook posts

27 Percentage who are confident the social network will be on life support long before they are



HIT "DELETE" ON A BAD TIME

You can side-step an unhappy memory much the same way you avoid a collision, says University of Cambridge neuroscientist Dr Michael Anderson. When something triggers the memory, "swerve" to a more positive recollection, he says. So if a photo reminds you of a bad breakup, recall a happier time with your ex. Or just hit the brakes: focus intently on the photo and tell yourself not to go to that painful place. Employing either strategy once or twice won't have much effect, but do it consistently when faced with the trigger and you'll retrain your brain.

GET YOUR HEAD IN THE GAME

Playing certain types of games may reduce your risk developing Alzheimer's later in life, suggests a new study from Saint Louis University. According to researcher Dr George Grossberg, exercising your brain with fresh challenges causes it to develop new circuits. Those additional connections may make your brain more resistant to degenerative diseases. So look for a word game, maths challenge or brain-training app that you haven't played before. Grossberg likes Wordmania, Conundra and Brain Fit. Spend 15 to 30 minutes a day on them to stay sharp.

ILLUSTRATIONS GIO PASTORI


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